

*Henry Theaferd*

Officium Eucharisticum.  
A  
PREPARATORY SERVICE  
TO A  
Devout and Worthy Reception  
OF THE  
Lord's Supper.

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*The Eighteenth Edition.*

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To which is Added,  
A MEDITATION for every DAY  
in the WEEK.

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St. Luke xxiv. 36.

*He was known to them in breaking of Bread.*

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L O N D O N ,

Printed for A. Roper, at the Black Boy, over against  
St. Dunstan's Church in Fleetstreet, 1699.

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H5149.C5L2

Imprimatur,

Hic *Liber, cui Titulus, Officium*  
*Eucharisticum.*

Ex *Ædibus Lambeth.*  
Jun. 13. 1677.

*Ant. Saunders.*

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IN PARISH CHURCH

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To her Royal Highness the  
**PRINCESS**  
O F  
**O R A N G E.**

*MADAM,*

WHEN I first resolved a third *Review* of these *Rude Collections*, I was easily persuaded by my Friends to Address them to your HIGHNESS, not out of a design to beg your *shelter* and *protection* of them from the *ill usages* of a censorious and *inhospitable* World, not out of an overweening desire of raising an *Obelisk* to my otherwise *perishing* and *private memory*, though I know that your *Authority* will keep them in breath long after the *Author* shall have expired his; not out of an *innocent Ambition* to proclaim my *Obligations* to your HIGHNESS, which are more and greater than can b

*The Epistle Dedicatory.*

crowded into an *Epistle*. These indeed are the usual *Pretences of Dedications*, but my aim is higher, and directed to a more important end, by telling the World how *Good*, how *Religious* You are, to encourage You to be more so. And yet in attempting this I may seem *impertinent*; because you are become your own *Theatre*; every *Scene of your Life* is so generally known (whilst the World is a *Spectator* to *applaud* and *admire* you) that it were even an *unpardonable arrogance* in a man of my *mediocrity*, either to think of adding any thing to your *HIGHNESS's Lustre*, or to believe I need open my *Reader's Eyes*. The *gravity* and *sweetness* of your *Mein*, the *affability* of all your *Comportments*, the *virtue*, *innocence*, and *goodness* of your *Life*, your *resolved Constancy* in *adhereing* to the Religion of our *Church*, your *frequent* and *devout Retirements* into your *Closet*, your *unwearied Attendance* at your *Chappel* and *Altar*, are sufficiently obvious, that the bare *knowledge* of your *HIGHNESS* hath been enough to render you *beloved*, which yet

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*The Epistle Dedicatory.*

one cannot but do with a most *profound* *Respect*. And, *Madam*, you have often encouraged me to tell you, that these *Endowments* will ever more import and help you than any *external* or *worldly* ones, wherewith too you are abundantly provided. The *celitude* of your *Descent* that enrols your *Name* in the *Catalogue* of the *Great*, is *secular* and *transitory*, calculated for this *World*; but it is your *Grace* and *Vertue* that writes it in the *Book of Life*. *Beauty* is fading, *Grandeur* is fugitive, the *Wreaths of Civil Honour* are withering; but your *Godliness* is a *Crown* that shall not fade away, gloriously set off with a *diffusive Charity*, a *great Humility*, and an *exemplary Devotion*; to the improvement of which, your *HIGHNESS* hath made me proud to say, that these *Devotionals* have not a little contributed. As to the *Meditations* subsequent to them, they were written by a *Reverend Person* of this *Church*, a *true lover of Souls*, (as some *eminent Persons* about the *Court* have abundantly experienced) and you have professed your self *delighted* with them,

*The Epistle Dedicatory.*

and *benefited* by them. God Almighty make them all effectual to the *furtherance* of your *spiritual good*, and *eternal blessedness*. And may that good God still multiply upon you his *Blessings*, may your Soul be still precious *in his sight*, as the *apple of his Eye*, as the *Signet* upon his *right Hand*! May he preserve you *stัดfast* and *unmoveable*, always abounding in the work of the Lord, in the constant Exercises of your *Holy Religion* (wherein you have been happily Educated) amidst all the gaudy diversions of this *vain* and *transitory World*, which is the no less hearty than dutiful Prayer of,

*Madam,*

*Your Higbness's most Humble,  
most Devoted, and most Faithful,*

*Servant and Chaplain,*

*St. James's.  
June 3.  
1677.*

*E. Lake.*

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# TO THE R E A D E R.

Good Reader,

**T**His little Manual of Directions and Prayers for the Holy Communion first designed for a Private use, now shews it self in Publick, on presumption it may help thee in thy Closet Retirements, towards a pious Preparation thereto, and a worthy Reception thereof.

I will not be tedious in Prefacing it; only I cannot say it is mine, but a Collection; and recommend it self unto thee cloathed in the Language, not of any Private Conception, ( of such the World is already full enough ) but of Primitive Liturgies; of that of our Holy Church, and some of the most Devout Fathers of it, Bishop Andrews, Bishop Cosins, and that Great and Good Man Archbishop LAUD, who lived a Patron of it, and died a Martyr for it.

## To the Reader.

*The Collector is not curious or sollicitous to think, how it may go down with a sort of People, whose unwieldy Zeal hath transported them under a pretence of spueing out Popery, to disrelish and traduce any thing that is Primitive ; But, the Sober and devout Christian, who lives in the Communion of this Church, He is secure of. And that it may farther thee in the Attainment of our Common Salvation, is his sincere and hearty desire ; in return to which, he begs thee nothing, but to recommend him now and then in these thy Priyate Addresses to the Throne of Grace.*

A

A.

# Preparatory Office

## FOR THE

### Holy Communion.

THE nearest and most solemn Intimacy and *Communion* we have with God in this world, is exhibited to us in the Blessed *Eucharist*: that is to say, the *Sacrament of the Lord's Supper*, where in ( according to our *Church Catechism* ) the *Body and Blood of Christ* are verily and indeed taken and received by the *Faithful*; and hence it is called by *St. Paul*, *1 Cor. x. 16*, the *Communion of his Body*, and the *Communion of his Blood*; so that by a due and worthy participation hereof, we are really *Incorporated into Christ*, we dwell in Christ, and Christ in us; we are made one with Christ, and Christ with us: In regard of which invaluable Privilege, as well as the great dangers which threaten unworthy Addresses thereunto, now especially we should enter into, and heed our selves; being careful to perform all *Devotional Acts of Worship and Piety*, which may conduce to a good acceptable Celebration of so Divine a Mystery: *St. Paul* hath comprehended them all under this *One Word and Duty of Examination*, *1 Cor. xi. 28*, which includes more than we can readily conceive: I shall not insist upon

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these.

those Graces of *Faith, Repentance, and Charity*, about which it should be chiefly conversant; but do immediately proceed to those *Preparatory Acts of Devotion*, which should be exercised in order to a due Reception of this blessed *Sacrament*.

**I** Begin then, as you should in this, and in all other Duties of Religion, *IN THE NAME OF GOD*, And Exhort, that having received notice from God's Priest, of a *Communion* to be celebrated the next Sunday you forthwith set your self to this great Work, of fitting your self for a right participation thereof. Whatever you do, let *this* be ever and anon *uppermost* in your thoughts that *whole week*, reflecting on your spiritual Estate, and especially on *that time*, which God hath lent you from your *last Reception*; what Graces you have improved, what Duties omitted, what Sins committed, out of a hearty resentment of which, breath forth sometimes these, or the like pious Ejaculations.

**I** Have sinned; what shall I do unto thee, O thou *Preserver of Man!* Lord, I am not worthy to come under thy roof; but speak the word only, and thy Servant shall be healed.

*Adding these two Collects to your Private Devotions, both at Morning and Evening that whole Week.*

**A** Lmighty God, who of thy tender mercy didst give thine only Son *Jesus Christ*, to suffer death upon the Cross for our *redemption*, and didst *institute*, and in thy holy *Gospel* command us to continue a *perpetual memory* of that

that his precious death, until his coming again: Hear me, most merciful Saviour, I most humbly beseech thee, and make my *groanings*, my *desires* after this *Holy Sacrament* answerable to my needs of it. But, O Lord, how shall such a wretch as I dare to approach thy *holy Table*? How shall I presume to take the *Childrens bread* who am as a vile dog in thy sight? I have often *trampled* those precious things *under foot*, either carelessly neglecting; or *unworthily receiving* those *Holy Mysteries*: O Lord, my horrible guiltiness makes me tremble to come, and yet makes me not dare to stay away, for, where shall this polluted Soul be washed, but in this fountain opened for sin, and for uncleanness? Hither then I come; and thou hast promised, that he that cometh to thee, *thou wilt in no Wise cast out*. Grant me therefore, Gracious Lord, *so to eat the flesh of thy dear Son, Jesus Christ, and to drink his blood*, that my *sinful body* may be made clean by his *body*, and my *soul* washed through his most *precious blood*. Amen.

**I** Will not presume to come to thy *Table*, O merciful Lord, trusting in mine own righteousness, but in thy manifold and great mercies declared unto mankind in our Lord Jesus Christ; for whose sake, give me, I pray thee, such a *preparation of soul*, as may qualifie me for

for a worthy approach thereunto: To this end, make me heartily sensible of my sins and unworthiness; raise up my dull and earthly mind from groveling here below, and inspire it with a holy zeal to seek those things that are above: Let that infinite love of Christ in dying for so wretched a sinner, inflame my soul, and kindle in me that sacred fire of love to him again, and to all those whom he hath given me command and example to love, *Enemies* as well as *Friends*, and that for his sake: Cloath me, O Lord, in the *wedding garment*; and make me, tho' of my self a most unworthy, yet by thy mercy, an acceptable guest at *thy table*, that I may not eat or drink my own Damnation, but Salvation, through Jesus Christ our Lord. Amen.

Having recommended your self unto God, with these or the like Collects in your private Retirements: I do earnestly exhort you to frequent the publick Prayers of the Church: ( nothing but a charitable, or some very urgent occasion can this Week, or indeed should at any time excuse you; ) and to attend them with all possible Devotion: Watch your self now especially, your thoughts, words and actions, that they be not wicked, or vain; or if at any time they should, that you forthwith recal and check your self, saying, or thinking, thus,

*Lord have mercy upon me!*  
*Christ have mercy upon me!*  
*Lord have mercy upon me!*

I Said I will take heed to my ways, that I offend not with my tongue. O God, who knowest us to be set in the minst of so many and great dangers, that by reason of the frailty of our nature, we cannot always stand upright; grant to me such strength and protection, as may support me in all dangers, and carry me through all temptations; through Jesus Christ our Lord. *Amen.*

*Set apart the Friday of every such Week as a Day of Holy Fasting and Abstinence, rising earlier than usually, if your Health will permit you, at Five of the Clock; and being apparelled and ready, you may retire to your ordinary Morning Prayers.*

I will not presume to confine you to those at the end of this Book, but to suppose you already fixed, however, peruse them, and possibly they may suit your Condition, they will undoubtedly your Devotion. Subjoin to them on every such Fasting day the two Collects for Preparation to the Communion above written, as also the 130 Psalm.

1 **O** U T of the deep have I called unto thee, O Lord, Lord, bear my voice.

2 O let thine ears consider well the voice of my complaint.

3 If thou, Lord, wilt be extream to mark what is done amiss, O Lord, who may abide it?

4 For there is mercy with thee, therefore shalt thou be feared.

5 I look for the Lord, my Soul doth wait for him; in his Word is my trust.

6. My

6 My soul fleeth unto the Lord before the Morning Watch, *I say, before the Morning Watch.*

7 O Israel, trust in the Lord, for with the Lord there is mercy: and with him is plenteous Redemption.

8 And he shall redeem *Israel* from all his sins.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

Arising from Prayer, you must presently set your self to recollect your life past, especially since you last received, by that Catalogue of sins, set down at the end of this Book, reading it considerably over, and at every particular ask your Soul, Whether you are guilty of that sin? And commit to writing those sins you discover your self guilty of, with their respective aggravations, *viz.* If they were committed against knowledge, or on mature deliberation, or against the resistance of Conscience, &c.

I suppose this Duty of Self Examination most necessary to this great work, dispatched by Nine of the Clock, when taking the Paper in your hand, humbly prostrating your self, say,

**T**HE good Lord pardon every one that prepareth his heart to seek God, the Lord God of his Fathers, though he be not cleansed according to the *Purification of the sanctuary.* Then

*Then Kneel and Pray, Psal. 6.*

1 **O** Lord rebuke me not in thine indignation, neither chasten me in thy displeasure.

2 Have mercy upon me, O Lord, for I am weak; O Lord, heal me, for my bones are vexed.

3 My soul also is sore troubled; but Lord, how long wilt thou punish me?

4 Turn thee, O Lord, and deliver my soul; O save me for thy mercies sake.

5 For in death no man remembreth thee, and who will give thee thanks in the pit?

6 I am weary of my groaning; every night wash ~~I~~ my bed, and water my couch with my tears.

7 My beauty is gone for very trouble, and worn away because of all mine enemies.

8 Away from me, all ye that work Vanity, for the Lord hath heard the voice of my weeping.

9 The Lord hath heard my petition; the Lord will receive my prayer.

10 All mine enemies shall be confounded and sore vexed; they shall be turned back, and put to shame suddenly.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

*O God*

*A Preparatory Office*

**O** God, to whom Vengeance belongeth, shew thy self, but let it be in pitty and compassion to thy wretched and unworthy servant, who in all humility confess my self a wicked and sinful creature. I acknowledge those sins, which if I would, I cannot hide from thee, my sins of *pride* and *vain glory*, of *hatred* and *envy*, of *gluttony* and *wantonness*; I accuse my self of my wicked *desires* and *thoughts* which I have conceived, \* of my *wanton* and *evil words* which I have spoken, \* of my *naughty* and *ungodly deeds* which I have committed.

\* *At these marks have recourse to those sins noted in your Paper.* \* I acknowledge and bewail these my manifold sins and wickedneses, which I from time to time most grievously have committed by thought, word, and deed against thy divine Majesty, provoking most justly thy wrath and indignation against me. I do earnestly repent, and am heartily sorry for these my misdoings; the remembrance of them is grievous unto me; the burden of them is intolerable. Have mercy upon me, have mercy upon me, most merciful Father, for thy Son Jesus Christ's sake, forgive me, all that is past; and grant that I may ever hereafter serve and please thee in newnes of life, to the honour and glory of thy Name, through Jesus Christ our Lord. *Amen.*

For-

**F**orgive me my sins, O Lord; forgive me the sins of my *Age*, and the sins of my *Youth*; the sins of my *Soul*, and the sins of my *Body*; my *secret*, and my *whispering* sins; my *presumptuous* and my *crying* sins; the sins that I have done to *please my self*, and the sins that I have done to *please others*.

Forgive me my *wanton and idle sins*; forgive me my *serious and deliberate sins*; forgive me those sins which *I know*, and those sins which *I know not*; the sins which I have laboured so long to *hide from others*, that now I have even *hid them from my own memory*; forgive me them, O Lord, forgive them all; of thy great mercy let me be *absolved* from all my offences; and of thy bountiful goodness, let me be delivered from the bands of those sins, which by my frailty I have committed. Grant this, O Heavenly Father, for Jesus Christ his sake, our blessed Lord and Saviour. *Amen.*

Adding this short Litany, and the following Prayers, which on any other *Friday*, or *Fasting-day*, may be of use to you, omitting only the Paper for Preparation to the Sacrament.

**O** God, the Father of Heaven, have mercy upon me a most miserable sinner!

**O** God, the Son, Redeemer of the world, have mercy upon me a most miserable sinner!

**O** God, the Holy Ghost, proceeding from the

the Father and the Son, have mercy upon me a most miserable sinner!

O Holy, Blessed, and Glorious Trinity, three Persons and one God, have mercy upon me a most miserable sinner!

Remember not, Lord, my offences, nor the offences of my Fore-fathers, neither take thou vengeance of my sins: Spare me, good Lord, spare thy servant whom thou hast redeemed with thy most precious blood, and be not angry with me for ever, *Spare me good Lord!*

From all evil and mischief, from sin, from the crafts and assaults of the Devil, from thy wrath, and from everlasting damnation,

*Good Lord deliver me!*

From all blindness of heart, from pride, vain-glory and hypocrisy; from envy, hatred, and malice, and from all uncharitableness,

*Good Lord deliver me!*

From fornication, and all other deadly sin, and from all the deceits of the World, the flesh, and the Devil, *Good Lord deliver me!*

From, &c. [Here repeat those sins of which you have found your self guilty, and noted in your Paper.]

*Good Lord deliver me!*

From

From hardness of heart, from contempt of thy word and commandments, from any evil thought which may assault and hurt my soul,

*Good Lord deliver me!*

From all adversities which may happen to the body, from noisom and infectious diseases, and from sudden death.

*Good Lord deliver me!*

By thy agony and bloody Sweat, by thy crofs and passion, by thy precious death and burial, and by thy victorious descension into Hell.

*Good Lord deliver me!*

By thy glorious resurrection and ascension, and by the wonderful coming of the Holy Ghost,

*Good Lord deliver me!*

In all time of my tribulation, in all time of my wealth, in the hour of death, and in the day of judgment,

*Good Lord deliver me!*

I who am a most miserable sinner, do beseech thee to hear me, O Lord God; to keep and strengthen me in the true worshipping of thee; and to give me grace to serve thee in righteousness and holines all the days of my life,

*I beseech thee to hear me, good Lord!*

That

That it may please thee to rule my heart in thy faith, fear, and love, and that I may evermore have affiance in thee, and ever seek thy honour and glory,

*I beseech thee to hear me, good Lord!*

That it may please thee to be my defender and keeper, giving me the victory over the World, the flesh, and the devil,

*I beseech thee to hear me, good Lord!*

That it may please thee to endue my soul with grace, wisdom, and understanding,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me an heart to love and dread thee, and diligently to live after thy commandments,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me increase of grace, to hear meekly thy work, and to receive it with pure affection, and to bring forth the fruits of the spirit,

*I beseech thee to hear me, good Lord!*

That it may please thee to strengthen me when I stand; to comfort and help me when I am weak hearted; to raise me up when I fall; and

and finally to beat down Satan under my feet,

*I beseech thee to hear me, good Lord!*

That it may please thee to succour, help, and comfort me, when I am in danger, necessity, and tribulation,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me, as at all times, so now especially, due preparation of mind, that I may worthily participate this holy Sacrament,

*I beseech thee to hear me, good Lord!*

To this end may it please thee to forgive mine enemies, persecutors, and slanderers, and to turn their hearts,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me true repentance; to forgive me all my sins, negligences and ignorances, to endue me with a lively and stedfast faith, and a sincere resolution to amend my life according to thy holy word, *I beseech thee to hear me, good Lord!*

O Son of God, I beseech thee to hear me.

O Lamb of God, that takest away the sins of the World,

*Grant me thy peace.*

O Lamb of God, that takest away the sins of  
the World, Have mercy upon me.

O Christ hear me.

Lord have mercy upon me!

Christ have mercy upon me!

Lord have mercy upon me!

Our Father, &c.

*Deliver us from evil, Amen.*

O Lord deal not with me after my sins.

*Neither reward me after mine iniquities.*

**P S A L M 51.**

1 **H**ave mercy upon me, O God, after  
thy great goodness; according to  
the multitude of thy mercies do away mine  
offences.

2 Wash me throughly from my wicked-  
ness, and cleanse me from my sin.

3 For I acknoledge my fault, and my sin  
is ever before me.

4 Against thee only have I sinned, and  
done this evil in thy sight, that thou mightest  
be justified in thy saying, and clear when  
thou art judged.

5 Behold I was shapen in wickedness, and  
in sin hath my Mother conceived me.

6 But lo, thou requirest truth in the in-  
ward parts, and shalt make me to understand  
wisdom secretly.

7 Thou

7 Thou shalt purge me with Hyssop, and I shall be clean ; thou shalt wash me, and I shall be whiter than Snow.

8 Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, and put out all my misdeeds.

10 Make me a clean heart, O God, and renew a right spirit within me.

11 Cast me not away from thy presence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and establish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14 Deliver me from blood guiltiness, O God, thou that art the God of my health : and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, and my mouth shall shew forth thy praise.

16 For thou desirest no Sacrifice, else would I give it thee ; but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled spirit: a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Zion : build thou the walls of *Zerusalem*.

19 Then

19 Then shalt thou be pleased with the sacrifice of righteousness, with the burnt offerings and oblations; then shall they offer young bullocks upon thine altar.

*Glory be to the Father, &c.*

**O** Lord, I beseech thee mercifully to hear me; and spare me, and all those who do confess their sins unto thee, that they whose consciences by sin are accused, by thy merciful pardon may be absolved, through Jesus Christ our Lord,

**O** Most mighty God, and merciful Father, who hast compassion upon all men, and hatest nothing that thou hast made, who wouldest not the death of a sinner, but rather that he should turn from his sin and be saved: mercifully forgive me my trespasses, receive and comfort me, who am grieved and wearied with the burden of my sins: thy property is always to have mercy, and to thee only it appertaineth to forgive sins: spare me therefore, good Lord, spare me, spare thy Servant whom thou hast redeemed; enter not into judgment with thy servant, who am vile earth, and a miserable sinner; but so turn thine anger from me, who meekly acknowledge my vileness, and truly repent me of my faults, and so make haste to help me in this world, that I may ever live with thee

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thee in the World to come ; through Jesus Christ our Lord. *Amen.*

**T**urn thou me, O good Lord, and so I shall be turned; be favourable, O Lord, be favourable to thy servant, who turns to thee in *weeping, fasting and praying*: For thou art a merciful God, full of compassion, long suffering, and of great pity: Thou sparest when we deserve punishment, and in thy wrath thinkest upon mercy : Spare thy Servant, good Lord, spare me, and let me not be brought to confusion ; Hear me, O Lord, for thy mercy is great, and after the multitude of thy mercies, look upon me, through the merits and mediation of thy blessed Son Jesus Christ our Lord. *Amen.*

**T**He Lord bless me, and keep me, the Lord lift up the light of his countenance upon me, and give me peace, now, and for evermore. *Amen.*

The time following to *Eleven of the Clock*, you may bestow in *dressing*, and fitting your self for the publick *prayers of the CHURCH*, which then you must by no means fail to be *present at*. In the mean time, let no sinful thoughts possess your Soul, no vain or idle Communication proceed out of your mouth, but such as may tend to edifying. Examin, exhort, encourage your Servants, or those about you, whom you have commanded, or who purpose to receive this Blessed Sacrament with you ; and be careful to avoid the Con-

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thee in the World to come ; through Jesus Christ our Lord. *Amen.*

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versation of those who may probably tempt you to sin and vanity.

Returning from Church, or Chappel, about *Twelve of the Clock*, humble your self again before God, and pray.

**O**ur Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is Heaven: Give us this day our daily Bread: and forgive us our Trespasses, as we forgive them that Trespass against us: And lead us not into Temptation, but deliver us from Evil. Amen.

Then the xxxii. Psalm. *Still upon your knees.*

1 **B**lessed is he whose unrighteouness is forgiven, and whose sins are covered.

2 Blessed is the man, unto whom the Lord imputeth no sin, and in whose spirit there is no guile.

3 For while I held my tongue, my bones consumed away through my daily complaining.

4 For thy hand is heavy upon me day and night, and my moisture is like the drought in summer.

5 I will acknowledge my sin unto thee, and mine unrighteouness have I not hid.

6 Said, I will confess my sins, unto thee Lord, and so thou forgavest the wickedness of my sin.

7. For

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; but in the great water-floods they shall not come nigh him.

8 Thou art a place to hide me in, thou shalt preserve me from trouble, and compass me about with songs of deliverance.

9 I will inform thee, and teach thee in the way wherein thou shalt go, and I will guide thee with mine eye.

10 Be ye not like to horse, or mule, which have no understanding, whose mouths must be held with bit and bridle, lest they fall upon thee.

11 Great plagues remain for the ungodly, but whoso putteth his trust in the Lord, mercy embraceth him upon every side.

12 Be glad, O ye righteous, and rejoice in the Lord, and be joyful all ye that are true of heart.

*Glory be to the Father, &c.*

**A** Lmighty and everlasting God, who hast nothing that thou hast made, and lost forgive the sins of all them that are penitent; create, and make in me a new and contrite heart, that I worthily lamenting my sins, and acknowledging my wretchedness, may obtain of thee the God of all mercy, perfect remission and forgiveness, through Jesus Christ our Lord. *Amen.*

**A**lmighty and most merciful Father, who for my many and grievous sins committed against thee, and especially since the *last solemn time of my humiliation and repentance*, mightst most justly have cut me off in the midst of my days; but in the multitude of thy mercies hast hitherto spared me: Accept, I most heartily beseech thee, my unfeigned sorrow for all my former transgressions; and grant that I may never so presume of thy mercy, as to despise the riches of thy goodness, but that thy forbearance and long-suffering may lead me to repentance, and a amendment of my sinful life, to thy honour and glory, and my final acquittance and absolution at the last day, through Jesus Christ our Lord. *Amen.*

*O Lord, make clean my heart within me:  
And take not thy holy Spirit from me.*

**I**N the Name of God the Father, the Son, and the Holy Ghost. *Amen.*

**I**Who am a wretched sinner here personally appearing, and \* prostrate unto the Majesty of the Great and dreadful God, and in the presence of his holy Angels; having in remembrance the exceeding mercies of his great goodness towards me, as in manifold instances, so especially in this, that in the day of my *christening*, I was so happily and holily

\* Here throw  
your self upon  
the Ground.

vowed and dedicated unto God, to be his Child, and to live in his continual service, and that contrary to the profession which was then made in my name, I have so many and sundry times so grievously violated my vows, and profaned my sacred promise, and employed my soul to the service of the World, the flesh and the devil. At length recalling my self, and with all lowliness and devotion, casting my soul and body prostrate before the *dreadful throne of his justice*, do acknowledge, confess, and yield my self a miserable wretched sinner, guilty of that death and passion which Christ once suffered for me upon the tormenting cross: But turning my self to the *throne of his infinite mercy*: and with all my might and force, from the very depth of my heart detesting the iniquities of my fore-passed life, I most humbly beg and crave pardon for the same, with an intire absolution from all my sins, even for the precious death and passion sake of my Lord and Saviour, unto whom I promise and confirm again, I do avow and solemnly renew the *Sacred profession and loyal service and fidelity*, which was made in my behalf unto him at my *holy baptism* renouncing unfeignedly the *vanities* of this *wicked World*, the *lusts of the flesh*, and the *suggestions* of the *Devil*, and converting my self to my most gracious and merciful God; I *desire, deliberate, purpose, and fully resolve* to ho-

nour him, serve him, and obey him for ever hereafter: giving and dedicating to him for this end, the faculties of my soul, and the members of my body, to be his faithful, loyal and obedient subjects and servants for ever; without *unsaying, revoking, or repenting* me of this my *holy and sacred promise*, or any part thereof. And I most humbly beseech *Almighty God, the Father, the Son, and the Holy Ghost, to confirm me in this constant resolution* of abandoning these my sins; and living an holy life; and to accept of this my broken and contrite heart, which he hath promised not to despise; entirely desiring his fatherly goodness, that as he hath given me *a will and desire to purpose*, so he would give me *strength and grace* to perform all holy actions, through Jesus Christ our Lord.

**L**ord, I pray thee that thy grace may always prevent and follow me, and make me continually to be given to all good works, through Jesus Christ our Lord. *Amen.*

**L**ord, I beseech thee, grant thy servant grace to withstand the temptations of the World, the Flesh and the Devil; and with a pure Heart and Mind to follow thee the onely true God, through Jesus Christ our Lord. *Amen.*

**O** God, whose nature and property is ever to have Mercy, and to forgive, receive my humble petitions; and though I be tied and bound,

bound with the chain of my sins, yet let the pitifulnes of thy great mercy loose me, for the honour of Jesus Christ our Mediator and Advocate. *Amen.*

**O** Saviour of the world, save me! who by thy Cross and Passion hast redeemed me! help me, and save me, I beseech thee, O God.

**T**O the King eternal, immortal, invisible, and onely wise God, who is the ever blessed and adorable Trinity, be all Honour and Glory now and for ever. *Amen.*

Having thus ended your *Mid-day Devotions*, review your Catalogue of sins: Fix on that sin you find your self chiefly addicted to, labour for a Godly sorrow, and relentings of heart on the sight of it; resolve against all future preperations of it, carefully using all Remedies which may tend to suppress it: To which purpose examine your self concerning those occasions and inducements which did lead you to it, and provide as well as you can against them, noting it in your Book those Occasions and Remedies, which Scripture, Reason, or Experience may prompt you to. *As for Example.*

Suppose your self guilty of Irreverence, or want of Devotion in the service of God, write down what doth commonly induce you to it, what Remedies are most proper to the cure of it. Thus,

In the year 1685, April 17. being Good-Friday (or be it any other day) I fasted, being to receive the Communion the following Sunday; and in the exercise of this holy duty, on Examination, I found myself much guilty of Irreverence in the Worship of God, and discovered these temptations to it.

1. Too much additing my self to *childish and light* Deportment at all times; and therefore can hardly remit of it when I come into God's presence.

2. Listning too much to the *vain discourses*, and observing the *impertinent Actions* of others.

3. *Want of Consideration* in whose *Presence* I am; to wit, of the *great Majesty of Heaven*; of that *God*, who if I do not repent, will strictly call me to an account for these, and all other my sins, &c.

From which *Occasions* you may perceive what *Remedies* to use against it; as,

1. To labour for a grave and modest carriage of myself at all times, considering my *Age, Quality, Degree, &c.*

2. To *avoid vain and light persons*, or if that may not be done, not to beed them, or seriously to rebuke them.

3. To entertain all *awful and dreadful Appreception* of the *great God*, who seeth what I do, and howl comport my self: As also of the *holy Angels*, who may truly enough be believed, from the intimations of the *Apostles*, *St. John, Rev. viii.* and *St. Paul 1. Cor. xi. 10.* to be present at *holy Mysteries*.

4. To these may be added *lifting up my eyes to Heaven*, or *fixing them on the Priest*; and *letting them loose* on whatever objects may present themselves.

These I then *Resolved to consider*, and practise and will therefore frequently read them over.

**E**ven so *Amen*: Lord let thy grace be sufficient for me! *Lead me not into Temptation*; but *deliver me from evil*, Amen.

Then

Then kneeling down, pray for Devotion, or for any other Grace, the contrary sin whereof you have now found your self guilty of, and resolved against. You will find Prayers to this purpose at the latter end of this Book: As for Devotion, thus,

**M**ost great God, who hast not only permitted, but invited us needy and miserable creatures to present our petitions to thee: Oh! let me set a true value on this most inestimable privilege. I come unto thee, O Lord, as a worm to my sovereign maker. I come as an heinous Offender to a just and severe Judge: Let, I pray thee, my addresses in thine house be with a reverence some way answerable to thy awfull Majesty; give me an hearty desire to pray, and such a pure intention and fixedness of mind upon thee, that I may no more incur the guilt of drawing nigh unto thee with my lips, when my heart is far from thee, but may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to thee here, I may be translated to the praising thee eternally in thy glory hereafter through Jesus Christ our Lord. Amen..

This Exercise being finished about *Three of the Clock*, the time appointed for the *Evening Service*; at your return from the *Church*, or *Chappel*, if you have not fully satisfied your own *Conscience*, but require farther *Comfort* or *Counsel*, you are to go to some *Discreet* and *Learned Minister* of God's word, (especially to him; under whose *Ministry* God hath placed you, nor being curious or censorious in your choice as to this particu-

Iar ) and open your Griefs by Confession, that so you may receive the benefit of *Absolution*, together with Ghostly Council and Advice to the quieting of your Conscience, and the avoiding of all Scruples and Doubtfulness.

This being done (as it ought to be) with submissi-  
on and sobriety, you may with *Comfort* retire in-  
to your Closet, and upon your Knees, say.

**O** Ur Father, which art in Heaven, Hallowed  
be thy Name: Thy Kingdom come: Thy  
Will be done in Earth, as it is Heaven: Give us  
this day our daily Bread: And forgive us our  
Trespasses, as we forgive them that Trespass a-  
gainst us: And lead us not into Temptation, but  
deliver us from Evil. Amen.

**A** Lmighty God, unto whom all hearts be  
open, all desires known, and from whom  
no secrets are hid, cleanse the thoughts of my  
heart by the inspiration of thy Holy Spirit,  
that I may perfectly love thee, and worthily  
magnify thy holy Name, through Christ our  
Lord. Amen.

Then read upon your Knees the *Ten Commandments*,  
as they are set down in our *Communion Service*.

**C** O D spake these Words, and said, I am  
the Lord thy God, Thou shalt have none  
other Gods but me.

Lord have mercy upon me, and incline  
my heart to keep this Law.

*Thou*

Thou shalt not make to thy self any graven Image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them, for I the Lord thy God am a jealous God, and visit the sins of the father upon the children, unto the third and fourth generation of them that hate me, and shew mercy unto thousands, in them that love me and keep my Commandments.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou shalt not take the name of the Lord thy God in vain, for the Lord will not hold him guiltless that taketh his name in vain.

Lord have mercy upon me, and incline my heart to keep this Law.

Remember that thou keep holy the Sabbath days. Six days shalt thou labour, and do all that thou hast to do, but the seventh day is the Sabbath of the Lord thy God. In it thou shalt do no manner of work, thou, and thy son, and thy daughter, thy man servant, and thy maid servant, thy cattle, and the stranger that is within thy gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the seventh day, and hallowed it.

Lord have mercy upon me, and incline my heart to keep this Law.

Honor thy Father and thy Mother, that thy days

days, may be long in the land which the Lord  
by God giveth thee,

Lord have mercy upon me, and incline my  
heart to keep this Law.

*Thou shalt do no Murther.*

Lord have mercy upon me, and incline  
my heart to keep this Law.

*Thou shalt not commit Adultery.*

Lord have mercy upon me, and incline  
my heart to keep this Law.

*Thou shalt not Steal.*

Lord have mercy upon me, and incline  
my heart to keep this Law.

*Thou shalt not bear false witness against thy  
Neighbour.*

Lord have mercy upon me, and incline  
my heart to keep this Law.

*Thou shalt not covet thy neighbour's house,  
thou shalt not covet thy neighbour's wife, nor his  
servant, nor his maid, nor his ox, nor his ass,  
nor any thing that is his.*

Lord have mercy upon me, and write all  
these thy Laws in my heart, I beseech  
thee.

**O** Almighty Lord, and everlasting God,  
vouchsafe I beseech thee to direct, san-  
ctifie, and govern both my soul and body in  
the ways of thy laws, and in the works of  
thy commandments, that through thy most  
mighty

mighty protection, both here and ever, I  
may be preserved both in body and soul,  
through our Lord and Saviour Jesus Christ.  
*Amen.*

Then stand up, and heartily repeat your *Creed.*

**I** Believe in God the Father Almighty, Maker  
of heaven and earth; and in Jesus Christ  
his only Son our Lord, who was conceived by  
the Holy Ghost, born of the Virgin Mary, suf-  
fered under Pontius Pilate; was crucified, dead,  
and buried, he descended into hell, the third day he  
rose again from the dead, he ascended into Heaven,  
and sitteth on the right hand of God the Father  
Almighty; from thence he shall come to judge the  
quick and the dead. I believe in the Holy Ghost,  
the holy Catholick Church, the Communion of  
Saints, the Forgiveness of Sins, the Resurrection  
of the Body, and the Life everlasting. Amen.

After which, kneel again, and pray :

**A** Lmighty, everlasting God, heavenly Fa-  
ther, I give thee humble thanks, that  
thou hast vouchsafed to bring me to the  
knowledge of this faith in thee, and do beseech  
thee that thou wouldest keep me stedfast in  
the faith, and evermore defend me from all  
adversities, who livest and reignest one God,  
world without end. *Amen.* Lord.

*Lord have mercy upon me!*

*Christ have mercy upon me!*

*Lord have mercy upon me!*

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**P**ut me not to rebuke, O Lord, in thine anger, neither chasten me in thy heavy displeasure.

2 For thine arrows stick fast in me, and thy hand presseth me sore.

3 There is no health in my flesh, because of thy displeasure, neither is there any rest in my bones by reason of my sin.

4 For my wickednesses are gone over my head, and are like a sore burthen too heavy for me to bear.

5 My wounds stink and are corrupt through my foolishness.

6 I am brought into so great trouble and misery, that I go mourning all the day long.

7 For my loins are filled with a sore distaste, and there is no whole part in my body.

8 I am feeble and sore smitten; I have roared for the very disquietness of my heart.

9 Lord, thou knowest all my desire, and my groaning is not hid from thee.

10 My heart panteth, my strength hath failed me, and the sight of mine eyes is gone from me.

11 My

11 My lovers and my Neighbours did stand looking upon my trouble, and my kinsmen stood afar off.

12 They alfo that fought after my life, laid snares for me; and they that went about to do me evil, talked of wickedness, and imagined deceit all the day long.

13 As for me, I am like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth.

14 I became even as a man that heareth not, and in whose mouth are no reproofs.

15 For in thee, O Lord, have I put my trust; thou shalt answer for me, O Lord my God.

16 I required that they, even mine enemies, should not triumph over me; for when my foot slipt, they rejoiced greatly against me.

17 And I truly am set in the plague, and my heaviness is ever in my sight.

18 For I will confess my wickedness, and be sorry for my sin.

19 But mine Enemies live, and are mighty; and they that hate me wrongfully are many in number.

20 They also that reward evil for good are against me, because I follow the thing that is good.

21 Forsake me not, O Lord my God; be not thou far from me.

22 Haste thee to help me, O Lord God of my salvation.

Glory be to the Father, and to the Son, and  
the Holy Ghost.

As it was in the beginning, is now, and ever  
shall be, world without end. Amen.

**O** Christ hear me! and remember now the  
hour, in which thou didst once com-  
mend thy blessed Spirit into the hands of thy hea-  
venly Father, when with a torn body and a bro-  
ken heart thou didst shew forth the bowels of  
thy mercy, and die for us. I beseech thee, O  
thou brightness and image of God, assist me by  
this thy most precious death, that being dead  
unto the world, I may live only unto thee, and  
at the last hour of my departure from this  
mortal life, I may commend my soul into  
thy hands, and thou mayest receive me into  
life immortal, there to reign with thee for  
ever and ever. Amen.

**G**rant me in the mean time, gracious  
Lord, a pure intention of heart, and  
stedfast resolution to despise all vanity, to  
fight the battels of the Lord manfully against  
the world, the flesh, and the devil, to spend my  
time religiously and usefully, to speak gracious  
words, to walk always as in thy presence, to  
reserve my soul and body in holiness, fit for  
the habitation of the Spirit of God. Amen.

**M**Y Lord, and my God; give me I beseech thee a wise, a sober, a patient, a  
under

understanding, a devout, a religious, a courageous Heart; chaste and temperate reins and thoughts; a soul full of devotion to do thee service; and do thou make my services acceptable to thee, while I live, and my soul ready for thee when I die. *Amen.*

**O** Lord, increase in me faith and devotion, replenish my heart with all goodness, and of thy great mercy keep me in the same: give me true humility in prosperity, patience in adversity, and continual joy in the Holy Ghost, *Amen.*

**O** Lord, give me spiritual wisdom, that I may discern what is pleasing to thee, and follow what belongs unto my Peace; and let the knowledge and Peace of God, and of Jesus Christ our Lord, be my guide and my portion all the days of my life.

**O** Lord, make me humble to my superiors, and friendly to my equals; thankful to my benefactors, loving to my relations, and charitable to my Enemies; to be gentle and easily intreated, slow to anger, and readily admonished; fully prepared, and throughly furnished for every good word and work. *Amen.*

**O** Lord, give me a peaceable spirit, and a quiet life, free from debt and deadly sin; give me grace to abstain from all appearance of evil,

evil, and to do nothing but what is of good report; to confess Christ, and his holy Religion, by an holy and obedient life, and mind ready to die for him when he shall call for me. And then, O Lord, assist me! *Amen*

**O** Lord Jesu! I give thee my body, my soul, my substance, my fame, my friends, my liberty, and my life; Dispose of me, and of all that is mine, as it seemeth best to thee, and to the glory of thy holy Name. *Amen.*

**I** Am not now *mine*, but *thine*; therefore claim me as thy right, keep me as thy charge, and love me as thy child: Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. *Amen.*

**O** God, from whom all good things do come, grant to me thy humble servant that by thy holy inspiration I may think those things that are good, and by thy merciful guidance may perform the same, thro Jesus Christ our Lord. *Amen.*

**G**ive me modesty in my countenance, gravity in my behaviour, deliberateness in my speech, and righteousness in all my actions: Let thy mercy cleanse me from my sins, and let thy grace bring forth in me the fruits of everlasting life. *Amen.*

**O** God, who knowest us to be set in the midst of so many and great dangers, that by reason of the weaknes of our nature we cannot always stand upright ; Look, I beseech thee, on my frailties and infirmities ; and grant me such health of body, that both in my soul and body, I may evermore serve thee with all my strength and might through Jesus Christ our Lord. *Amen.*

**A** ssist me mercifully, O Lord, in these, and all my supplications and prayers ; and dispose the way of thy servant towards the attainment of everlasting salvation ; that among all the changes and chances of this mortal life, I may ever be defended by thy most gracious and ready help, through Jesus Christ our Lord. *Amen.*

**G**OD the Father bless me ! God the Son, defend me ! God the Holy Ghost preserve me ! God the holy Trinity be with me, now, and for evermore.

After this apply your self to read some *choice portion of Scripture* ; particularly the *History of our Saviour's Passion*, as in the *Gospels for the holy Week*, Read with as much affection and heartiness, as is possible ; all along reflecting on his *Innocency*, and your self, as one of those *guilty Wretches*, for whom he suffered all this.

And

*And think thus of your self.*

**I** Have occasioned more torment to him than his very *Crucifiers*. They crucified him *once*, but I have, as much as in me lay, crucified him *daily*: they crucified him because they *knew him not*; but *I have known him*, and yet have still continued thus to crucifie him afresh.

These Meditations, as they should work in us a great <sup>1</sup> *Sorrow* for our sins past, and a great *Hatred*, and a firm <sup>2</sup> *Resolution* against them for the time to come: so likewise should they quicken and stir up our *Faith in our Love of*, and our *Thankfulness unto Christ*, for his so great <sup>3</sup> *mercy* in redeeming us by so dear a price.

Nor must your *Prayers* end here; they are not complete without *Intercessions*, nor acceptable without *Charity*, which is a main requisite to a worthy *Communicant*.

*At six of the Clock* therefore betake your self again to *Prayer for all Men*; for Christ's *Holy Catholick Church* and for all, who either by *Relation*, *Acquaintance*, or more *particular desire*, may claim a share in your *Prayers*.

**O**ur Father, which art in Heaven, Hallow <sup>1</sup>  
be thy Name: Thy Kingdom come: Thy <sup>2</sup>  
Will be done in Earth, as it is in Heaven: Give us <sup>3</sup>  
this day our daily Bread: And forgive us our <sup>4</sup>  
Trespasses, as we forgive them that trespass <sup>5</sup>  
against us: And lead us not into Temptation, but <sup>6</sup>  
deliver us from Evil: For thine is the kingdom <sup>7</sup>  
and the Power and the glory, for ever and ever. <sup>8</sup>  
Amen.

P S A L M

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**H**ear my Prayer, O Lord, and let my  
crying come unto thee.

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2 Hide not thy face from me in the time  
of my trouble; incline thine ears unto me,  
when I call; O here me, and that right soon.

3 For my days are consumed away like  
smoak, and my bones are burnt up as it were  
a fire-brand.

4 My heart is smitten down, and withered  
like grass, so that I forget to eat my bread.

5 For the voice of my groaning, my bones  
will scarce cleave to my flesh.

6 I am become like a pelican in the Wil-  
derness, and like an owl that is in the desart.

7 I have watched, and am even as it were a  
sparrow that sitteth alone upon the house top.

8 Mine enemies revile me all the day  
long; and they that are mad upon me, are  
sworn together against me.

9 For I have eaten ashes as it were bread,  
and mingled my drink with weeping.

10 And that because of thine indignation  
and wrath; for thou hast taken me up, and  
cast me down.

11 My days are gone like a shadow, and  
am I withered like grass.

12 But thou, O Lord, shalt endure for ever,  
and

and thy remembrance throughout all generations.

13 Thou shalt arise, and have mercy upon *Sion*; for it is time that thou have mercy upon her, yea, the time is come.

14 And why? thy servants think upon her stones, and it pitied them to see her in the dust.

15 The heathen shall fear thy name, O Lord, and all the Kings of the Earth thy Majesty.

16 When the Lord shall build up *Sion*, and when his glory shall appear.

17 When he turneth him unto the prayer of the poor destitute, and despiseth not their desire.

18 This shall be written for those that come after; and the people which shall be born, shall praise the Lord.

19 For he hath looked down from his sanctuary; out of heaven did the Lord behold the earth.

20 That he might hear the mournings of such as are in captivity, and deliver the children appointed unto death.

21 That he might declare the name of the Lord in *Sion*, and his worship at *Jerusalem*.

22 When the people are gathered together, and the Kingdoms also to serve the Lord.

23 He

23 He brought down my strength in my journey, and shortned my days.

24 But I said, O my God, take me not away in the midst of my age ; as for thy years, they endure throughout all generations.

25 Thou, Lord, in the beginning hast laid the foundation of the Earth, and the Heavens are the works of thy hands.

26 They shall perish, but thou shalt endure ; they shall wax old, as doth a garment.

27 And as a vesture shalt thou change them, and they shall be changed ; but thou art the same, and thy years shall not fail.

28 The Children of thy servants shall continue, and their seed shall stand fast in thy sight.

*Glory be to the Father, and to the Son, and to the Holy Ghost,*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

**A**lmighty God, who of thy tender love towards mankind, hast sent thy Son our Saviour Jesus Christ to take upon him our flesh, and to suffer death upon the Crofs, that all mankinde should follow the example of his great humility ; mercifully grant, that I may both follow the example of his patience, and also be made partaker of his Resurrection, thro' the same Jesus Christ our Lord. *Amen.*

Almighty

**A** Lmighty God, I beseech thee graciously to behold thy family, for which our Lord Jesus Christ was contented to be betrayed, and given up into the hands of wicked men, and to suffer death upon the cross; who now liveth and reigneth with thee and the Holy Ghost, ever one God World without end.

*Amen.*

**A** Lmighty and everlasting God, by whose Spirit the *whole body of the Church* is governed and sanctified; receive my supplications and prayers, which *I offer before thee* for all *Estates of Men* in thy *holy Church*, that *every member* of the same in his vocation and Ministry may truly and godlily serve thee, through our Lord and Saviour Jesus Christ.

**O** Merciful God, who hast *made all men*, and hatest nothing that thou hast made, nor wouldest the death of a sinner, but rather that he should be converted and live; have mercy upon all *Jews, Turks, Infidels* and *Heretics*; and take from them all ignorance, hardness of heart, and contempt of thy word; and so fetch them home, blessed Lord, to thy fold, that they may be saved among the remnant of the true *Israelites*, and be made *one Flock*, under *one Shepherd*, Jesus Christ our Lord, who liveth and reigneth with thee, and the Holy Spirit, *One God*, world without end.

*Amen.*

Almighty

A Lmighty God, who hast purchased to thy self an *Universal Church*, by the precious Blood of thy dear Son; mercifully look on *that of it in these Kingdoms, so miserably shattered and distressed*. I confess, O Lord, our sins have justly deserved that thou shouldst remove thy Candlestick from us, and by some extraordinary judgment, make us a scorn and by-word to the world: But I beseech thee, reverse those plagues which we have deserved, and continue those mercies which we have hitherto enjoyed, especially the comfort of thy Gospel, and liberty of thy Truth. Oh! let not our Adversaries ever roar in the midst of our Congregations, and set up their Banners as signs of Victory, and conquest over us; but shew and protect us with thy mercy, that in thy holy Church we may still glorifie thy Name, through Jesus Christ our Lord. *Amen.*

O God the unspeakable, *Author of the world, Creator of Man, Governor of Empires, and Establisher of all Kingdoms*, who out of the loins of our Father *ABRAHAM* didst chuse a King, that became the Saviour of all Kings and Nations of the Earth: Bless, I beseech thee, thy Servant and our Dread Sovereign Lord King *William*, with the richest blessings of thy Grace; and Establish him in the Throne of his Kingdom by thy mighty Aid and Protection;

tection: Visit him, as thou didst visit *Moses* in the *bush*, *Joshua* in the *battel*, *Gidion* in the *Field*, and *Samuel* in the *Temple*; let the dew of thy abundant mercies fall upon his head, and give unto him the blessing of *David* and *Solomon*. Be unto him an *Helmet* of *Salvation* against the face of his *Enemies*, and a *strong Tower* of *defence* in the time of *Adversity*. Let his reign be *prosperous*, and his days *many*: Let *peace*, and *love*, and *holiness*, *justice* and *truth*, and all *Christian* *virtues* flourish in his time: Let his *People* serve him with *honour* and *obedience*, and let him so *duly* serve thee here on *Earth*, that he may hereafter *everlastingly* serve thee in *Heaven*, through *Jesus Christ* our *Lord*. *Amen*.

**I** Beseech thee, O *Lord*, save and defend all *Christian* *Kings*, *Princes* and *Governors*; especially thy Servant *WILLIAM* our *King*, that under him we may be godly and quietly governed; and grant unto his whole *Council*, and to all that are put in *Authority* under him, that they may truly and indifferently minister *Justice*, to the punishment of *Wickedness* and *Vice*, and to the maintenance of *true Religion* and *Vertue*. *Amen*.

Almighty God, the fountain of all goodness, I humbly beseech thee to bless KATHERINE the Queen Dowager, her Royal Highness the Princess ANNE of Denmark, and all the Royal Family: Endue them with thy Holy Spirit: Enrich them with thy Heavenly Grace: prosper them with all happiness, and bring them to thine everlasting Kingdom, through Jesus Christ our Lord. Amen.

Almighty God, who alone workest great marvels; give grace to all Bishops Priests and Deacons, especially to those under whose dispensations I live: Illuminate them with true knowledge and understanding of thy Word; and grant that by their preaching and living they may set it forth, and shew it accordingly, and also rightly and duly administer thy Holy Sacraments: Grant this for thy Son Jesus Christ his sake. Amen.

Almighty God of Truth, bring into the way of Truth all such as have erred and are deceived! O thou Father of Comforts, succour, help, and comfort all that are in danger necessity, and tribulation; preserve all that travel by Land, or by Water; all women labouring of Child, all sick persons, and young Children; shew thy Pity upon all Prisoners

and Captives; provide for the Fatherless Children and Widows, and all who are desolate and oppressed: yea, have mercy upon *all men*, especially those whom thou hast called to the *Knowledge of*, and *Faith* in thy Son Jesus Christ. *Amen.*

**A**lmighty God, the Creator and preserver of all men (who hast commanded me to honour *My Father and my Mother.*) Grant me of thy goodness and grace so to love and honour *them*, to fear and obey *them*, to help, and to pray for *them*, as thou in thy holy Word hast directed and charged me to do, that both in their lives and deaths their Souls may bless me. Give, I pray thee, to (them and) all Relations and Benefactors deliverance from all dangers both of body and soul; keep them in the stedfastness of thy Faith, and in the obedience of thy Commandements: Bless them, O Lord, and make us all doubly dear to each other both in the Flesh and in the Lord, and that for our Lord, Jesus Christ his sake. *Amen*

**O** God, from whom every good and perfect gift proceedeth; accept my *Praise* and *Thanksgiving* which I offer unto thee for all thy Mercies and benefits from time to time vouchsafed

safer unto me ; for my *Health, Peace, Liberty, Freinds*, and all other blessings of this *Life* ; for *Jesus Christ*, the *Fountain* of all ; for his *Conception, Birth, Circumcision* ; for his *Baptism, Fasting, Temptation* ; for his holy and most *exemplary Life* ; for his bitter, cruel, and yet patient and *Meritorious Death* ; for his *Victorious Triumphant Descension into Hell* ; for his *Glorious Resurrection and Ascencion*, for the *Coming of the Holy Ghost*, the *Eternal Comforter*, upon the *Apostles* on the day of *Pentecost* ; and from that time for the *Constitution* for a *Catholick and Apostolick Church*, which is to *continue to the end of the world*. And I beseech thee, O Lord, give me that due sense of all thy *mercies*, that my heart may be unfeinedly *thankful* ; and that I may shew forth thy *praise*, not only with my lips, but in my life, by giving up my self unto thy service, and by walking before thee in *Holiness and Righteousnes* all my days, through *Jesus Christ our Lord*. *Amen.*

**A**lmighty God, who by thy *holy Apostle* hast taught us not only to make *prayers and Supplications*, but also to *give thanks* for all men, I offer up unto the most *high laud and humble thanks* for all thy wondrous *graces and vertues* which thou hast declared in *All*

Saints chiefly in the glorious and  
 St. Luke most blessed Virgin M A R Y, the Mo-  
 14. 8. ther of thy Son Jesus Christ ; and all  
 others who have departed this Life  
 with the Seal of faith, and do now rest in  
 the sleep of Peace ; such as were the Patriarchs,  
 Prophets, Apostles, Martyrs, and Confes-  
 \* 1 Tim. sors, holy Virgins, pious Matrons, and \*  
 3. 16. devout Widows, who have washed the  
 feet of the Saints ; Beseeching thee,  
 that we may still continue in their holy com-  
 munion, and enjoy the comfort thereof while  
 we are on earth, following with a glad will  
 and mind their holy Examples of godly living  
 and stedfastness in thy Faith ; and that at the  
 last day we with them, and they with us, may  
 attain to the resurrection of the just and have  
 our perfect consummation and bliss both in  
 body and Soul in thy eternal and everlasting  
 Glory, through Jesus Christ our Lord ; to  
 whom, with Thee, and the Holy Ghost, be ascri-  
 bed by us, as is by Angels and Arch-angels, and  
 the whole Company of Heaven, all Honour  
 and Glory, World without end. Amen.

Almighty God who hast promised to hear  
 the petitions of them that ask in thy Sons  
 Name ; I beseech thee mercifully to incline  
 thine ears unto me, now that in his Name I  
 have made my Prayers and Supplications unto  
 thee ;

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thee; and grant that those things which I have faithfully asked according to thy will, may effectually be obtained, to the relief of my necessity, and to the setting forth of thy Glory, through Jesus Christ our Lord. *Amen.*

**T**He peace of God, which passeth all understanding, the blessing of God Almighty, the Father, the Son, and the Holy Ghost, the virtue of Christ's blessed Cross and Passion, be with me now, at the hour of Death, and in the day of Judgement. *Amen.*

Having thus interceded, and given thanks at *Seven of the Clock*, with cheerfulness depart your Closet: Let not your Behaviour be without *Innocent Gravity*; but let your special care be to comport your self at these your *Fasts*, that they may not (if possible) be taken notice of by any, but your self and God; as being mindful of that command of our Saviour, St. Math. vi. 17, 18. *Anoint thy head, and wash thy face, that thou appear not unto men to fast.* Be sure then to avoid all *Sullenness*, and *Moroseness*; but give ready and cheerful answers to any that shall demand you.

Thus disposed, you are ready for your *up* by *Seven of the Clock*; whereto, notwithstanding your *Abstinence*, you must not let loose your *Appetite*; but eat as sparingly as at other times; remembering that our Church hath appointed this day, as all other *Fast-days* in the year, except *Christmas-day*, to be days of *Fasting* or *Abstinence*.

The few hours, from *Supper to Bed-time*, you cannot better bestow than in *Reading*, or *Walking* and *Meditating* on the particular *Exercises* of your *Fast*; examining your

your self, whether you have been as Intent, as *Devout* in the performance of them as is requisite? And where you have failed, heartily bewail your self to God, resolving within your self to be more serious and careful for the time to come; be frequent and diligent in looking over your *Accountal*, observing every week since you last *Communicated*, what your *Carriage* hath been: How you have amended, especially in those particulars, in which you have formerly taken notice of your *Miscarriages*, and *Vowed Reformation*:

Some time before you retire to your *Evening Prayers*, return to your *Closet*, and let your *Charity* crown your Devotions, [1. Cor. xv. 2.] Setting apart, and Devouting somewhat unto God of what you have to the Relief of his wanting servants; distributing it when you see Occasion: In the mean time, Separate it from the rest of your store, and everafter look upon it as *Devote*, and not to be touched, except to be dispersed to the Poor: when you do thus Consecrate it to God, use this, or the like Ejaculation.

St Luke xix. 8. **W**Hat I give, O Lord, is of my own, as thou hast prospered me; if I have wronged any one, I am ready to restore four-fold,

O Lord, whose is the Earth, and the fulness thereof, I offer unto thee, what by thy Gift and Blessing I have, this small testimony of my Thankfulness, to be bestowed on those poor Christians, whom thy providence shall give me opportunity to Relieve: be thou pleased through the Blood of my Saviour to accept it, and pardon all my *vain Expences*. Amen.

Thou

Thou art my God; my goods are nothing unto thee; all my delight is upon the saints that are in the Earth, and upon such as excel in virtue.

About Ten or Eleven of the Clock, *betake your self to your ordinary Prayers for the Evening, whereto subjoin the two Prayers for preperation to the Holy Communion, which are above-written, and also on every such Day the 143 Psalm.*

1 **H**ear my prayer, O Lord, and consider my desire: Hearken unto me for thy Truth and Righteousness sake.

2 And enter not into Judgment with thy Servant: For in thy sight shall no man living be justified.

3 For the Enemy hath persecuted my soul, he hath smitten my life down to the ground: he hath laid me in the darkness, as the men that have been long dead.

4 Therefore is my spirit vexed within me, and my heart within me is desolate.

5 Yet do I remember the time past, I muse upon all thy works; yea, I exercise my self in the works of thy hands...

6 I stretch forth my hands unto thee, my soul gaspeth unto thee as thirsty land.

7 Hear me, O Lord, and that soone, for my spirit waxeth faint: hide not thy face from me, lest I be like unto them that go down into the pit.

8 O let me hear thy loving kindness betimes in the morning, for in thee is my trust: Shew thou me the way that I should walk in, for I lift up my soul unto thee.

9 Deliver me, O Lord, from mine enemies: for I flee unto thee.

10 Teach me to do the thing that pleaseth thee, for thou art my God: Let thy loving Spirit lead me forth into the Land of Righteousness,

11 Quicken me, O Lord, for thy Name sake: And for thy righteousness sake bring my soul out of trouble.

12 And of thy goodness slay mine enemies: and destroy all them that vex my soul, for I am thy servant.

*Glory be to the Father, and to the Son, and to the Holy Ghost,*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

Thus you end your course of Prayers for every Friday preceding a Communion Sunday. They are such, I think, as may suit your leisure and condition; if not, you are prudent enough to omit and alter what you see good. I have too, all along supposed your constitution strong enough to hold out such a Fast; if health will not bear it, in God's Name, eat, but moderately, and let your Food be mean and ordinary, such as a crust of bread, a little Wine, or a Glass of Small Beer, &c.

AND

AND now having finished your *Penitential Devotion* on the Friday, or the Eve to *Christmas Day*, you have the less to do on the Saturday, nothing but to guard your self more strictly against Temptations, that they prevail not upon you: To which purpose, be much in reading the *Scripture*, or some such Book; particularly, *The whole Duty of Man*; the third partition of it concerns the *Lord's Supper*, which, after *Evening Prayer*, read considerately over; applying every passage to your self, as being some way or other concerned in it.

Part of this day you may bestow in *Offices of Charity*; As, visiting your sick Friends, or reconciling your self to any with whom you have had any *Difference*, as you shall find occasion; or, as you shall be directed by your Spiritual Guide.

ON Sunday Morning you rise by six of the Clock, and subjoin to your Morning Prayers those two for *Preparations* above mentioned.

After this, consider how you may with due devotion comport your self at the *Holy Altar*; and what are those particular *Duties* and *Graces* you are there to exercise; you will find an account of them in the third Partition of the *Whole Duty of Man*.

Then examine the state and temper of your heart: whether it be tender, and affectionately disposed to *Relentings* for your sins, *Purposings* against them, and *Resolutions* for a *Holy Life*? To humble *Wrathes* and trust on God in our Saviour's Blood for *Pardon*? To *Spiritual Joy* and *Thankfulness*? To *Good Will* towards all Men? To *Charity* and *Liberality*? and the like? Otherwise, have an hearty desire, and use your utmost endeavour, which will be accepted, to bring it to such a disposition.

If, after all this be done, you have many Spare minutes before Church or Chapple-time; you would do well to bestow them in reading over the Communion-Service; by which means you will be able with more readiness and devotion, to go along with the Priest in the Publick Ministracion of it.

About an Hour before go forth, reveiue the Accounts of your sins noted in your paper: let your heart go along with the Reading of them, Sorrowing for them, and Resolving against them.

After this, humbly Kneel, and repeat the LI. Psalm.

1. **H**ave mercy upon me, O God, after thy great goodness; according to the multitude of thy mercies do away mine offences.

2. Wash me throughly from my wickedness, and cleanse me from my sin.

3. For I acknowledge my faults, and my sin is ever before me.

4. Against thee only have I sinned, and done this evil in thy sight, that thou mightest be justified in thy saying, and clear when thou art judged.

5. Behold I was shapen in wickedness, and in sin hath my mother conceived me.

6. But lo, thou requirest truth in the inwardparts, and shalt make me to understand wisdom secretly.

7. Thou shalt purge me with Hyssop, and I shall be clear thou shalt wash me, and I shall be whiter than Sow.

8. Thou

8 Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, and put out all my misdeeds.

10 Make me a clean heart, O God, and renew a right spirit within me.

11 Cast me not away from thy presence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and establish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14 Deliver me from blood-Guiltiness, O God, thou that art the God of my health. And my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, and my mouth shall shew forth thy praise.

16 For thou desirest no sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17 The sacrifice of God is a trouble Spirit; a broken and a contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto *Zion*, build thou the Walls of *Jerusalem*.

19 Then shalt thou be pleased with the sacrifice of Righteousness, with the Burnt-offering.

ings and Oblations; then shall they offer young Bullocks upon thine Altar.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

*Then these following Collects.*

**O** *Blessed Jesu, who didst take upon thee our Nature, and didst suffer Death upon the Cross for our Redemption; and hast commanded to continue the memory of this thy precious Death till thy coming again; Oh! let not the inestimable Benefits of it be frustrated by my manifold and grievous sins; but inspire my Soul with those Graces which may qualify me to receive them tendered unto me in this blessed Sacrament. O Lord, thou seest that I have no power of my self to help my self! Oh let the pitifulnes of thy gerat mercy loose me from the chains of those sins wherewith I am tied and bound; that being thus set at liberty, I may here with chearfulness run the ways of thy commandments, and hereafter enter into thy joy, O blessed Saviour and Redeemer. Amen.*

*2 Thou*

**T**HOU, O GOD and Saviour, knowest how vile I am, and with what eagerness I have pursued the paths that lead unto everlasting death. How often hath *this Feast* been prepared, I lovingly *Bid*, and called thereto; but have with frivolous excuses absented my self? Or, if I have come, I have brought such *Troops* if thy professed Enemies, *Unrepented Sins*, along with me, as if I came not to adore, but to defile thee; not to commemorate, but to renew thy *Passion*. I am not worthy, O Lord, I am not worthy to come into thy presence; much less to *eat the flesh* of the *Sacrificed Lamb*. For my Sins, O *blessed Jesu!* went along in Confederation with the *High Priests*, in Treachery with *Judas*, in Injustice with *Pilate*, in malice and cruelty with the *people*: Oh! what punishment then shall I be thought worthy of, who have thus trampled under foot the *Son of God*, and counted the *Blood of the Covenant* an unholy thing? Where shall I, vile Wretch, appear, who have put my Lord to death! Who have crucified to my self the *Son of God* afresh, and put *Thee* to an open shame! Where should I appear, but before my *Saviour*, who hath loved me, and died for me, though I have hated and murthered him? Thy *Blood*, O *Jesu*, is my only refuge! Oh! let the cry of it speak on my behalf; and may

it speak better things than the Blood of *Abel*.  
 Be merciful unto me, O God, be merciful unto  
 me, for my soul trusteth in thee, and in the  
*Clefts of thy Wounds* shall be my refuge, until  
 thy Father's Indignation be over-past. O  
 Blessed *Advocate* and *Mediator*, intercede for  
 me with *Thy Father and Ours*, Thy God and  
 Ours; and grant that by the Grace which thou  
 hast found, by the Prerogative which thou  
 hast deserved, by the mercy which thou hast  
 purchased for me, as thou hast been partaker  
 of my sufferings and infirmities, so I by thy  
 Death and Resurrection, and by thy infinite  
 gracious Intercession may be made partaker of  
 thy Holiness and thy Glory, even for thy own  
 Merits sake. *Amen.*

3 **O** Lord, who hast promised, that if I open  
 my mouth wide, thou wilt fill it, I  
 pray thee, *to open it*; and, not my mouth only,  
 but my heart also: Oh! create in thy Servant  
 a great hunger and thirst after the things of  
 thy Kingdom, and the Righteousness of it,  
 after all the holy Graces, and all the holy Minis-  
 tries of Grace, that I may long for the Bread  
 of Heaven, thirst after the Fountain of Salva-  
 tion; and as the Hart panteth after the Water-  
 Brooks so my soul may desire thee, O Lord:  
 Oh! kindle such an holy flame in my soul,  
 that it may consume all my sins, and cursed af-  
 fection.

sections that I may never again defile the place which thou hast chosen for thy Temple. Thou diedst, O dear *Jesus*, to redeem me from iniquity; Oh! let me not again sell myself to work wickedness: I am a sinner, a grievous one, not worthy to look up to Heaven; but be thou pleased to look down into the dust, and lift up a sinner from a Dung-hill; let me not perish in my folly, or be consumed in thy heavy displeasure; Give me time and space to repent, and give me powers of Grace, that as by thy holy Inspiration I do sincerely and fixedly resolve on an entire Reformation, so by thy merciful guidance I may faithfully perform the same  
*Amen.*

4 **O** Thou great Physician of Souls; heal me of those many and foul diseases which my soul groans under; Grant that I may now so touch thee that every one of those loathsome Issues may immediately stanch, that these sicknesses may not be unto death, but to the glory of thy mercy in pardoning, to the Glory of thy Grace in purifying so polluted a Wretch. *O Christ bear me!* inspire me with an holy Zeal to mortifie my sins, support me with an holy Hope, confirm me with an excellent and unproveable Faith, and enkindle in me a never failing Charity; Let me

me judge my self, that I be not judged by thee; condemn my self, that I be not condemned with the world: But, receiving this *Holy Sacrament* with a penitent heart, and lively Faith, I may partake the great benefit of it; I may dwell in Christ, and Christ in me: I may be one with Christ, and Christ with me: The Lord be merciful unto me, and grant this for his own bowels and compassion sake. *Amen.*

*Then these Collects of Intercession.*

**M**erciful God, who hast made all men and wouldest not the death of a sinner, but rather that he should turn from his wickedness, and live: to which purpose thou sent thy Son out of thy bosom, to suffer death upon the Cross for our Redemption; look down in mercy and pity upon poor Mankind whose portion is folly and misery, shame and death: Bring all Sinners to Repentance; enlighten all that sit in darkness; all *Jews, Turks, Infidels, Hereticks and Schismatics*: Take from them all blindness, hardness of heart, and contempt of thy Word and Commandment; and so fetch them home blessed Lord, unto thy Fold, that they may be saved among the Remnant of the true *Israelites*, and be made one *Flock*, under one *Shepherd*, Jesus Christ our Lord. *Amen.*

Gracious

Gracious Lord, I do more especially humbly present to thy divine Majesty this glorious Sacrifice which thy blessed Son made upon the Cross, in the behalf of all Christians throughout the World: Give unto them all, O God, a portion of all the good prayers which are made in Heaven and Earth, the Intercession of our Lord, and the Supplications of all thy Servants. Oh! let us walk worthy of that holy vocation wherewith we are called; let us who name the Name of Christ, depart from iniquity; and unite us in the bonds of the *common Faith*, and an holy Charity, that no Interests or Partialities, no Sects or opinions may keep us any longer in darkness and division; but that we may with one mind, and one mouth, glorifie Thee, the Father of our Lord Jesus Christ, *Amen.*

O Father of mercies, be merciful to this miserable divided Church in which we live; according to all thy righteousness, let thine anger be turned away from us; let Religion and Vertue season all sorts of men therein; forgive us all our sins; turn thee unto us, and bless us, that the world may say, Blessed is this people whose God is the Lord *Jehovah*, and blessed are the folk whom he hath chosen to him to be his Inheritance! Lord, hear, and cause thy face to shine upon this thy sanctu-

Sanctuary, which is thus sadly desolate, for  
the Lords sake. *Amen.*

**O** King of Kings, and Lord of Lords, give, by your grace,  
pray thee, the Spirit of Government and Holiness to all Christian Kings, Princes, and Governors ; especially to thy servant *WILLIAM* *Amen.*  
*LIAM* our King ; Grant that his people may obey him, and he may obey thee, and live in honesty, and peace, justice and holiness. Religion, being a *Nursing Father* to the Church, an Advocate for the Oppressed, a Patron for the Widows, and a Sanctuary for the miserable and Fatherless, that he may reign with thee for ever in the Kingdom of the Lord Jesus Christ. *Amen.*

**O** Thou Fountain of all goodness, be pleased to bless *KATHERINE* the Queen, her Royal Highness the Prince *ANN* of *DENMARKE*, and all the Royal Family ; endue them with all heavenly Graces answerable to their Births, make them Instruments of thy Glory here, and partakers of thy Glory hereafter. *Amen.*

**O** God who alone workest great marvels, be gracious unto all those, who wait at thy Altar, the Bishops and the Clergy : Open thou their lips, that their mouths may shew forth their Service to God, *Here those w*

forth thy praise: inspire them with holiness and diligence to preach and declare thy Will  
ive, by good lives and wise Discourses, that they  
t and may minister to the good Souls, and find a  
, and glorious reward in the day of the Lord Jesus.

VII. *Amen.*

**O** Merciful God, be merciful in succouring  
all that are in affliction; deliver the out-  
cast and poor, help them to right that suffer  
wrong; let the sorrowful sighing of the Pri-  
soners come before thee, and according to the  
greatness of thy power, preserve thou those  
that are appointed to die; be merciful unto all  
who are just now breathing out their last;  
grant ease to those that are in pain, supply to  
those that suffer want; and to all wicked per-  
sons give thy Grace, that they may speedily  
repent and live well, and be saved through  
the merits of Jesus Christ. *Amen.*

**H**ave mercy and pour down thy blessings,  
**O** God, upon (my *Father, Mother, and*  
*all other*) my *Relations, Freinds,*  
Here mention  
those who are so  
*and Benefactors, \** grant unto  
them whatsoever they want, or  
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their portion be in the blessings, and in the  
Service, in the love, and in the Kingdom of  
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Sanctuary, which is thus sadly desolate, for  
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Service, in the love, and in the Kingdom of  
God, for ever and ever. Amen. O

**O** Lord, I beseech thee, forgive my enemies all their sins against thee, and me: and give me that measure of thy Grace, that for their hatred, I may love them; for their cursing, I may bless them; for their Injuries, I may do them good; and for their persecution, I may pray for them. Lord, I pray for them; forgive them, for they know not what they do. *Amen.*

**F**inally, O Lord, I pray thee for all those who shall this day be my *companions* at the *Altar*, and for all others who do now communicate in any part of *Christendom*; that through this blood of the Cross, we may all be cleansed from our sins, and be presented pure and unblameable, and unreprovable in thy sight; for the sake of Jesus Christ, whom I adore, whom I love, and desire I may still more and more love, and love for ever. *Amen, Amen.*

**O**ur Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespasses, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil. *Amen.*

**T**he Lord bless and preserve me in *my going out and coming in*, from this time forth, for evermore. *Amen.*

*Having*

Having thus finished your *Close Devotions*, you go forth to the *Church* or *Chappel* *fasting*, that so a portion from God's Table may be the first *Morsel*; and remember to take something out of your *Store* to present at the *Offertory*.

When you enter into the *Church*, kneel and pray.

**O**ur Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: and forgive us our Trespasses, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, for ever and ever. Amen.

**L**ord, I have loved the *Habitation of thy House*, and the place where thine honour dwelleth. I will wash my hands in Innocency, O Lord; and so will I go to thine Altar.

Having seated your self, turn to the *Psalms* and *Lessons*, *Epistle* and *Gospel* for the day, that you may more freely attend the *Priest* in reading them.

Sermon ended, you go up to the *Altar*, and, prostrate before it, say,

**T**Hou art worthy, O Lord, to receive glory, and honour, and power; for thou hast created all things, and for thy will's sake they are, and were created. Bles-

Blessing, and glory, and wisdom, and thanks  
and honour, and power, be unto our God, and  
unto the Lamb for evermore. *Amen.*

Then whilst others are coming up, and the *Priest* preparing to read the *Sentences*, pray,

**A** Lmighty Lord, who hast of thine infinite mercies vouchsafed to ordain *this Sacrament* for perpetual memory of that *Blessed Sacrifice*, which once thou madest for us upon the Cross; grant me with such diligent remembrance, and such due reverence, to participate of this holy and wonderful a mystery, that I may be made worthy by thy Grace to obtain the vertue and fruits of the same, with all the benefits of thy precious Death and Passion, even the Remission of all my sins, and the fulness of all thy Graces, which I beg for thy only merits, who art my only Saviour, God from everlasting, and World without end.

*Amen.*

**O** Lord, our Heavenly Father, Almighty and everlasting God, regard, we beseech thee, the devotions of thy humble Servants, who do now celebrate the *Memorial* which thy Son and our Saviour hath commanded to be made in *remembrance of his most blessed Passion and Sacrifice*; that by thy merits and power thereof, now represented before thy Divine Majesty, we, and all thy *whole Church*, may be made partakers of

all

hanks all other the benefits of his most precious  
d, and Death and Resurrection from the Earth, and  
n. glorious Ascension into Heaven, who liveth  
if pre- and reigneth with thee, and the Holy Spirit,  
ever one God, World without End. *Amen.*

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**B**E pleased, O God, to accept this our boun-  
den duty and service; and command  
that the Prayers and Supplications, together  
with the *Remembrance* of Christ's Passion, which  
we do now offer up unto thee, may by the  
*Ministry of the holy Angels*, be brought up in-  
to thy Heavenly Tabernacle; and that thou  
not weighing our merits, but looking upon  
the blessed *Sacrifice* of our Saviour, which  
was once fully and perfectly made for us all,  
mayst pardon our offences, and replenish us  
with thy Grace and heavenly benediction,  
through Jesus Christ our Lord. *Amen.*

Whilst upon your Knees you cast in your *Offering*,  
stop, and say,

**B**lessed Jesu, who didst accept the poor Wi-  
dows two mites; be pleased graciously to  
accept this from thy unworthy Servant. *Amen.*

The Prayers begining again, you must join with the  
Congregation; and heeding every passage, let your heart  
go along with it: keep your heart attentive not only  
to the words and substance of the prayers and Exhorta-  
tions, but also to every passage, and particular Ceremony

in the Consecration; for as all of them have their meaning and reason.

Observe the Priest then breaking the Bread; and remember how Christ's Blessed Body was torn without upon the Cross; observe him pouring out the Wine; and remember how his precious Blood was spilt likewise; and then consider they were your sins which caused both which should work in you a great sorrow for them, and then a great hatred, and a firm resolution against them, and withal engage you to thankfulness and love, resolving to express it by an universal obedience in your Conversation Again,

Observe the People too, taking and eating the Bread taking and drinking the Wine, for it signifies their particular laying hold on Christ by Trust and Faith; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their sins tendered them in this Blessed Sacrament.

When the Priest repeated that comfortable saying of St. Paul, *This is a faithful saying, and worthy of acceptance, that Christ Jesus came into the World to save sinners, add (to your self) with all possible devotion and humility, of whom I am chief.*

And if you have time, while the Priest and others are Communicating, use these or the like heavenly aspirations

**I** Am now before the Altar of God, even the God of my joy and gladness.

I will offer Thanksgiving unto my God, and pay my Vows unto the most High.

O Lamb of God, that takest away the sins of the World, *Grant me thy Peace.*

O Lamb of God, that takest away the sins of the World, *Have mercy upon me!*

Grant me, gracious Lord, so to eat the *Flesh* of thy Son, and to drink his *Blood*, that my sinful *Body* may be made clean by his *Body*, and my *Soul* washed through his most precious *Blood*. Amen.

O Lord, I am not worthy, nor fit that *thou* shouldest come under the filthy *Roof* of the house of my *Soul*, because it is wholly desolate and ruinous; neither hast *thou* with me a fit place where to lay *thy* head: But, as *thou* didst vouchsafe to be laid in a *Stable* and *Manger* of unreasonable Beasts; as *thou* didst not disdain to be entertained even in the house of *SIMON* the Leper; as *thou* did not reject the *Harlot*, a sinner like unto me coming unto thee and touching *thee*; as *thou* didst not abhor her foul and profane mouth, nor yet the *Thief* on the Cross confessing *thee*: Even so vouchsafe to admit *me also*, an over-worn, miserable, and out of measure sinful *Creature*, to the Receiving and Communicating of the most pure, quickening, and saving *Mysteries* of thy most holy *Body* and precious *Blood*, Amen.

O Lord God, how I receive the *Body* and *Blood* of my most blessed Saviour *Jesus Christ*, the price of my Redemption, is the very wonder of my *Soul*! yet, my most firm and constant belief, upon the words of my *Saviour*.

At this time, they are graciously tended to me, and my *Faith*: Lord, make me a worthy Receiver, and partaker of all the benefits of this blessed Sacrament. *Amen*

Upon the approach of the Priest with the consecrated Bread, say,

**T**Hou hast said, he that *eateth thy Flesh*, and *drinketh thy Blood*, hath eternal life. Behold the Servant of the Lord, be it unto me according to thy Word;

When the Priest offers thee the holy Bread, say softly with him,

**T**HE Body of our Lord Jesus Christ, which was given for me, preserve my Body and Soul unto everlasting life.

Then answer audibly.

A M E N

Whilst you eat it,

**B**Y thy Crucified Body deliver me from this Body of Death.

After Receiving,

**B**Y thine Agony and Bloody Sweat, by thy Cross and Passion, Good Lord deliver me

I have sworn, and am stedfastly purposed to keep thy righteous Judgments.

O hold thou up my goings in thy paths, that my footsteps slip not.

Upon the approach of the Priest with the Consecrated Cup, say,

**W**HAT reward shall I give unto the *Lord* for all the benefits that he hath done unto me? *I will take the Cup of Salvation, and call upon the name of the Lord.*

When the Cup of Blessing is offered unto you, say in your heart with the greatest devotion that possibly you may,

**T**HE Blood of our *Lord* Jesus Christ, which was shed for me, preserve my Body and Soul unto everlasting life.

Answering audibly,

A M E N.

After you have received it,

**O** My God, thou art true and holy! **O** my Soul, thou art blessed and happy! O the depth of the Wisdom and Knowledge of God! how incomprehensible are his Judgments, and his ways past finding out?

Praise ye the Lord, O my Soul, and all  
that is within me praise his holy Name, who  
saveth thy life from destruction, and feed-  
eth thee with the Bread of Heaven!

Glory be to God on High, and on Earth  
Peace, good Will towards Men. I worship  
thee, O Lord, and magnifie thy Name for  
ever, who hast vouchsafed to fill my Soul  
with gladness, and to feed me with the *Hea-*  
*venly Mysteries of Christ's sacred Body and Blood*,  
humbly beseeching thee; that from hence-  
forth I may walk in good works, and serve  
thee in holiness and pureness of living, to  
the honour of thy Name. *Amen.*

**M**ost Blessed Redeemer, I do truly be-  
lieve, that thy *Body* was *Crucified*, and  
thy *Blood* was *shed* out of thy *Body*, as verily  
as I have received this *Bread* and this *Wine*,  
set apart from the *Bread*: And that for the  
*Remission of my sins*, as well as *any others*:  
And I do also believe, that with this *Bread*  
and *Wine* I have *really* and *spiritually* receiv-  
ed thy *precious Body and Blood*, whereby my  
sins are fully washed away, and my Soul pu-  
rified, and refreshed: This, O Lord, I be-  
lieve, *help thou my unbelief*, Amen.

*The Song of Simeon.*

**L** Ord, now lettest thou thy Servant de-  
part in peace according to thy Word.  
2 For mine eyes have seen thy salvation.  
3 Which thou hast prepared before the  
face of all people.  
4 To be a light to lighten the Gentiles,  
and to be the Glory of thy People *Israel*.  
*Glory be to the Father, &c.*  
*As it was in the beginning, &c.*

*Psal. 103.*

**P** Raise the Lord, O my soul, and all that  
is within me, praise his holy Name.  
2 Praise the Lord, O my soul, and forget  
not all his benefits.  
3 Who forgiveth all thy sins, and healeth  
all thy infirmities.  
4 Who saveth thy life from destruction,  
and crowneth thee with mercy and loving-  
kindness.  
5 Who satisfieth thy mouth with good  
things, making thee young and lusty as  
the Eagle.  
6 The Lord executeth Righteousness, and  
Judgment, for all them that are oppressed  
with wrong.  
7 He sheweth his ways unto *Moses*, his  
works unto the Children of *Israel*.

8 The Lord is full of compassion and mercy, long-suffering, and of great goodness.

9. He will not always be chiding ; neither keepeth he his anger for ever.

10 He hath not dealt with us after our sins, nor rewarded us according to our wickedness.

11 But look how high the Heaven is in comparison of the Earth ; so great is his mercy also towards them that fear him.

12 Look how wide also the East is from the West, so far hath he set our sins from us.

13 Yea, like as a Father pitith his own Children ; even so is the Lord merciful unto them that fear him.

14 For he knoweth whereof we are made. He remembreth that we are but dust.

15 The days of man are but as grass ; for he flourisheth as a Flower of the field.

16 For as soon as the wind goeth over it, it is gone, and the place thereof shall know it no more.

17 But the merciful goodness of the Lord endureth for ever and ever upon them that fear him ; and his righteousness upon Childrens Children.

18 Even upon such as keep his Covenant, and think upon his Commandments to do them.

19 The Lord hath prepared his seat in Heaven ; and his Kingdom ruleth over all.

20 O praise the Lord, ye Angels of his, ye that excel in strength ; ye that fulfil his Commandment, and hearken unto the voice of his words.

21 O praise the Lord, all ye his Hosts ; ye servants of his that do his pleasure.

22 O praise the Lord, all ye works of his in all places of his Dominion : Praise thou the Lord, O my soul.

*Glory be to the Father, &c.*

*As it was in the beginning, &c.*

Whilst others are Communicating ; Meditate, and say,

**H**appy are those Servants, whom, when their Lord cometh, he shall find *thus doing*.

Know ye not, that ye are the *Temple of God*, and that the *Spirit of God dwelleth in you*? If any one *defile the Temple of God*, him will *God destroy*.

Behold, thou art *made whole*, *sin no more*, lest a *werse thing* happen unto thee !

The hour cometh, and now is, that the true Worshippers shall worship the Father in Spirit and in Truth.

Be ye followers of God as dear Children, and walk in love as Christ loved us, and gave himself an *Offering* and a *Sacrifice* of a sweet favour unto God for us.

This Holy Communion requires from us the greatest Charity we can express ; therefore (if we have any time between these Ejaculations and the Post-Communion) it would be highly Religious to pray for those who are yet to Communicate of one or both kinds, saying **AMEN** to the Words of the Priest, when he gives the **Sacrament** to any one, as well as to your self. And this **Act** of your **Charity** in praying for others, will render your own **prayers** and **Services** the more holy and acceptable to God, and effectual to your **Souls** health. For he that prays for himself alone, reaps only the single **Benefit** of his own single **devotion** : but whoso devoutly prays for others, reaps the fruits of the **prayers** of others, which is the great **benefit** of the **Communion** of **Saints**.

*At the end of the Communion, say,*

To the King Eternal, the Immortal, Invisible, the only **Wise** **God**, the *ever Blessed Trinity*, be all honour, and glory, now and for evermore. *Amen.*

*Arising and making your Reverence towards the Altar, on departing with a glad heart, and a cheerful countenance: preserve good thoughts in your mind; yet be not sullen or morose, but salute any of your Christian Brethren you meet with.*

*As soon as you come home, retire into your Closet, and bless God with these Collects of Thanksgiving.*

**A** Lmighty **God**, the Fountain of all goodness, from whom every good and perfect gift proceedeth; and to whom all glory and honour shall be returned; I do desire most heartily

heartily to thank thee, for that thou hast vouch-  
safed to feed me, who have received these *Holy*  
*Mysteries*, with the spiritual food of the most pre-  
cious *Body* and *Blood* of thy Son our *Saviour*  
*Jesus Christ*, and dost assure me thereby of thy  
favour and goodness towards me, and that I am  
a very member incorporate of the *mystical Body* of  
thy Son, which is the *blessed Company* of all  
*Faithful People*, and am also an *Heir* through  
hope of thine *everlasting Kingdom*, by the me-  
rits of the most precious *Death* and *Passion* of  
thy dear Son. O the height and depth of that  
unspeakable mercy of thine, who art pleased to  
admit me a sinful *Wretch* to have any part in  
those inestimable benefits, which I have so of-  
ten despised and *trampled under foot*! I am not  
worthy, O *Lord*, of that *daily Bread*, which su-  
stains the *body*; but thou hast made me *partaker*  
of that *living Bread* which came down from *Hea-*  
*ven*, which nourisheth the *Soul*, and, of which  
whosoever eateth, shall *live* for ever. O grant  
that my *Soul* may relish this *Divine Food* with  
*spiritual Ravishments*, and *Love*, great as the  
flame of *Cherubims*; and grant that what thou  
hast given me for the *Remission of my sins*, may  
not by any fault become the increase of them;  
that this *Holy Communion* prove not unto me,  
unto Judgment and Condemnation, but may  
support and preserve me in every temptation,  
rejoice and quiet me in every trouble, en-  
lighten

lighten and strengthen me in every good word and work ; comfort and defend me in the hour of my death against all oppositions of the Spirits of Darknes, and further me in the attainment of Everlasting Salvation, through Jesus Christ. *Amen.*

**M**ost Holy God, who art of purer eyes than to behold Iniquity ; grant, I pray thee, that no unclean thing may be in me, who have now *Received* thee into my heart and soul ; but *let this Blood* of Christ, who through the *Eternal Spirit offered* himself without spot to thee, purge my Conscience from dead works to serve thee the living God : Give me Grace, that from henceforth I put off concerning my former conversation *the Old Man*, which is corrupt, according to the deceitful Lusts, and be renewed in the spirit of my mind : And that I put on the *New Man*, which after thee is created in Righteousnes and true Holiness ; to which purpose be pleased to watch over me for good, to keep me both outwardly in my Body, and inwardly in my Soul. O God, thou seest that I have no power of my self to help my self ; thou knowest me also to be set in the midst of so many and great dangers, that by reason of the *frailty of my Nature*, I cannnot always stand upright ; grant to me such strength and protection, as may support me in all dangers.

gers, and carry me through all Temptations, through Jesus Christ our Lord. *Amen.*

**O** Thou with whom is no variableness, nor shadow of turning, let thy Holy Spirit direct me in all things, let thy Grace always prevent and follow me, and preserve me against all assaults of my Spiritual enemies, especially of *my own treacherous heart*, which is deceitful above all things, wicked, *desperately wicked*, O Lord, thou knowest it: how often hath it betrayed me to the breach of thy holy Laws, to the violation of all these Vows and Promises which I have made to thee? How often have I turned my back in the day of battle? O let me no more thus start aside like a broken Bow, but be stedfast, unmoveable, always abounding in the work of the Lord, resisting the Devil, that he may flee from me, subduing my flesh, and bringing it into subjection: Crucifying and overcoming the World. And therefore let *those solemn Vows*, which I have now made to forsake my sins, never depart from my mind: but let the remembrance of them excite me to fight manfully under thy Banner, and continue thy faithful Servant and Soldier unto my lives end. *Amen.*

**O** Lord, I do here humbly present unto thee my *Soul* and *Body*, to be a living, holy, and

and reasonable Sacrifice unto thee ; I beseech thee sanctifie my *Body*, that from a polluted *Dunghill*, it may become the *Temple of God*. Sanctifie my *Soul*, and receive it for thy *dwelling place*, the Seat of thy *Spirit*, and the house of *Prayer*, and *holy Meditation* ; Sanctifie me *throughout*, that both my *Body*, and *Soul*, and *Spirit* may be preserved *blameless* unto the *coming of our Lord Jesus Christ*, to whom with thee, O Father, and the *Holy Ghost*, be all honour and glory, *World without end*. *Amen*.

THus have you *chosen* your *Communion Devotion*, it only remains, that you bestow the greatest part of the *Afternoon* in *Reading*, *Praying*, *Meditating*, *good Conferences*, and the like : And when your *Condition* calls you to your *usual Converses*, you are still to remember you have a great business which lies upon your hands, which is the *Performance* of those *Promises* you have now made to God ; to which purpose frequently *recollect* them to mind, and let the *remembrance* of them be your *refuge* against all *temptations* to your *old sins*, whenever they assault you : knowing what a *greivous thing* it is to break that *Vow* which you have *sealed* in your *Saviours Blood*, and to have that *Blood* (through which only you can have *pardon*) to witness against you, *which God forbid*.

To your *Evening Prayers*, that *Sunday night*, *immediately* before the *Blessing*, subjoin in this *Collect*.

O *Blessed JESUS*, who hast this day made me a *Partaker* of thy *blessed Body and Blood*, thy *Mercy* hath given it, and my *Faith* hath received

revived it into my Soul: O let me ever feel the happy vertue and effects of it: Put thy fear into my heart, to *keep those Vows and Promises* which I have on this solemnity rendred unto thee in my mind, that I may not sin against thee; enrich me with all those Graces which come from this *precious Body and Blood*, and hereafter bring me to thine everlasting glory, for thy merits and mercies sake. *Amen.*

**T**hus, not to detain you longer, have I recommended to you the aforesaid Devotions to be used on the Friday in every Month, which preceeds a Communion, (especially the Fridays before the three solemn times which our Church hath Consecrated to this Blessed purpose, *Christmas, Easter, and Whit-Sunday*,) supposing that our *health and important occasions* will permit it; otherwise you are not obliged to the strictness of them, though you are obliged to receive this Sacrament, whensoever an opportunity offers it self.

To capacitate you for a *Worthy Communicant* thereof at all times, I do lastly and heartily advise you to maintain a constant course of *daily Prayers* at Morning and Evening throughout the Year; every Night recalling the *Actions of the Day past*, and repenting for the sins of it; the practice whereof will fit you for the Communion at any time, when it is *occasionally* tendered to you; I mean, when you are suddenly called to communicate with a *dying Person*; or come accidentally into a *Congregation*, where it is to be received, and all fit Guests are invited to it; in those cases, you are by no means to turn your back upon it; but bestowing that little time which is before you in *Recollecting, Repenting, Exerting your Faith, Love, Thankfulness &c.* Omitting nothing of the *strictness* which is required in the

*Act of Receiving, and performing afterwards to your power what you secretly promised ; receive it with the rest in the name of God beginning with the Prayers before mentioned, [pag 64.] which are to be said whilst the Priest is preparing to read the Sentences.*

Almighty God, who hast of thine Infinite mercies vouchsafed, &c.

But this I advise, on supposal you carry about with you such an *habitual preparation* which is acquired by keeping a *strict Course* of *daily private Devotions*, and a *constant whatchfulness* over your self ; otherwise you sin sadly. However, be careful to *Communicate* whenever you are *Solemnly Invited* to it, i. e. every Month ; and with due remembrance of him whose death you do hereby shew forth till he come.

God Almighty make you a worthy *Participant* of his *Body and Blood* here, that you may for ever enjoy him hereafter. Amen.

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DEVOTIONS for the MORNING;  
which begin with Prostration, and  
Saying,

**A**T the Name of Jesus, God blessed for ever,  
let every Knee bow, both of things in  
Heaven, things in Earth, and things under  
the Earth: *Glory be to thee, O Lord most high.*

Then upon your Knees, say,

**G**OD be in my Head, and in my Understanding, that I may know in this my day the things which do concern my everlasting peace.

God be in my Eyes, and in my seeing, that they may be always looking up to thy Mercy-Seat, and that they be not as so many Casements to let in Vanity.

God be in my Mouth, and in my Speaking, to guard and fence it from Idle Words; and that it may at no time be a Door to let out Folly.

God be in my Ears, and in my Hearing, that they may be always open to sound and wholesom Counsels, and deaf to corrupt and filthy Communications.

God be in my Heart, and in my Thinking,  
to

to preserve it from being a Sink of Uncleanness, and that it may never be suffered either to flatter me, or deceive others.

God be at my End, and at my Departing, that so my *Death* may be *precious* in the sight of the Lord, with whom I pray that I may liye for evermore. *Amen.* And so,

*Prevent me, O Lord, in all my doings, with thy most gracious Favour, and further me with thy continual Help, that in all my works, begun, continued, and ended in thee, I may glorify thy Holy Name, and finally by thy mercy obtain everlasting life, through Jesus Christ our Lord, Amen.*

**O**ur Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: and forgive us our Trespasses, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil, Amen.

My Voice shalt thou hear betimes, O Lord, early in the Morning will I direct my Prayer unto thee; and I will look up.

O Lord, open thou my Lips, And my Mouth shall shew forth thy Praise. O God, make speed to save me; O Lord, make haste to help me.

Glory

Glory be to the Father, and the to Son, and to  
the Holy Ghost;  
As it was in the beginning, is now, and ever  
shall be, World without end, Amen.

Psal. 95.

**O** Come let us sing unto the Lord, let us  
heartily rejoice in the strength of our  
Salvation.

Let us come before his presence with  
Thanksgiving, and shew our selves glad in  
him with Psalms.

For the Lord is a great God, and a great  
King above all Gods.

In his hand are all the corners of the Earth,  
and the strength of the Hills is his also.

The Sea is his, and he made it; and his  
hands prepared the dry Land.

O come let us worship and fall down,  
and kneel before the Lord our Maker.

For he is the Lord our God, and we are the  
People of his Pasture, and the Sheep of his hand.

To day, if you will hear his voice, harden  
not your hearts, as in the provocation, and as  
in the day of temptation in the Wilderness.

When your Fathers tempted me, proved  
me, and saw my Works.

Forty years long was I grieved with this  
Generation, and said, It is a People that do  
err

err in their hearts, for they have not known my ways.

Unto whom I sware in my wrath, that they should not enter into my rest.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, world without end. Amen.*

After which read one or more of *David's Psalms* in order; beginning with the *First*, and so onward, concluding each *Psalm* with

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, world without end. Amen.*

Then a Chapter out of the *Proverbs of Solomon*, or the *New Testament*: and after that,

**W**E praise thee, O God; we acknowledge thee to be the Lord.

All the Earth doth worship thee, the Father everlasting.

To thee all Angels cry aloud, the Heavens, and all the Powers therein.

To thee *Cherubin* and *Seraphin* continually do cry.

Holy, Holy, Holy, Lord God of Sabbath.  
Heaven

Heaven and Earth are full of the Majesty  
of thy Glory.

The glorious Company of the Apostles  
praise thee.

The goodly Fellowship of the Prophets  
praise thee.

The Noble Army of Martyrs praise thee.

The Holy Church throughout all the  
World doth acknowledge thee.

The Father of an infinite Majesty.

Thine Honourable, True, and Only Son.

Also the Holy Ghost, the Comforter.

Thou art the King of Glory, O Christ !

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deliver  
man, thou didst not abhor the Virgin's Womb.

When thou hadst overcome the sharpness  
of death, thou didst open the Kingdom of  
Heaven to all Believers.

Thou sittest at the right hand of God, in  
the Glory of the Father.

We believe that thou shalt come to be our  
Judge.

We therefore pray thee, help thy Ser-  
vants, whom thou hast redeemed with thy  
precious Blood.

Make them to be numbered with thy  
Saints in glory everlasting.

O Lord, save thy People, and bless thine Heritage.

Govern them, and lift them up for ever.

Day by day we magnifie thee.

And we Worship thy Name, ever World without end.

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.

O Lord, let thy mercy lighten upon us, as our trust is in thee.

O Lord, in thee have I trusted, let me never be confounded.

Then the Creed.

I Believe in God, the Father Almighty, Maker of Heaven and Earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, Born of the Virgin Mary, suffered under Pontius Pilate, was Crucified, Dead and Buried, he Descended into Hell, the third day he rose again from the Dead, he Ascended into Heaven, and sitteth on the right hand of God the Father Almighty; from whence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the forgiveness of Sins, the Resurrection of the Body, and the Life everlasting. Amen.

Our

**O**ur Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespasses, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil. Amen.

Blessing, and Honour, and Glory, and Power be unto him that sitteth on the Throne, and unto the Lamb for ever and ever. Amen.

**G**lory be to God on high, on Earth peace, good Will towards men. I praise thee; I bless thee; I worship thee; I glorifie thee; I give thanks to thee for thy great Glory and Goodness, O Lord God, heavenly King. God the Father Almighty; For thy Son Jesus Christ, manifested in the Flesh, to destroy the works of the Devil; and who is the Fountain of all those Mercies both Spiritual and Temporal, so freely and plentifully bestowed on me the most unworthy Creature, from time to time, particularly, that thou hast protected me this last Night from all perils Ghostly and Bodily, and brought me to see the light of another Day, whereas thou mightest justly have suffered me to sleep in death, by reason of those manifold and heinous Sins, wherewith I have from time to time offended thy Divine Majesty. I have sinned! and what shall I say unto thee,

O thou Preserver of Man? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done, and there is no health in me: But thou, O Lord, have mercy upon me most miserable Offender! O thou, who desirest not the death of a Sinner, but rather that he would turn from his wickedness and live, *Have mercy upon me!* Spare me, and restore me, who do here in all humility confess my faults, and do desire to be penitent for them. Have regard to thy *Blessed Son*, who is our *Advocate* with thee, O Father, and the *Propitiation* for all our Sins; for whose sake, mercifully grant unto me true repentance and the assistance of thy *holy Spirit*, which may teach and enable me to please thee hereafter in all things, to deny ungodliness and worldly lusts, and to live godly, righteously, and soberly in this present World, that so at last, I may come to thine eternal Joy, through the same Jesus Christ our Lord. *Amen.*

**A** Lmighty God our Heavenly Father, who of thy great mercy hast promised *Forgiveness* of sins to all them that with hearty Repentance and true Faith turn unto thee: Have mercy upon me; pardon and deliver me from all my sins, confirm and strengthen me in all goodness, and bring me unto everlasting life, through Jesus Christ our Lord. *Amen.*

O

O Lord, ever me to the me in the from all ous Gover Words, through

**M**ost especially Governor along living Ages; Counsels and compare thy him, that Name, O him help him out of thee, him from wholsome will we a through

**B**less, Roy of D E N

**O** Lord, our Heavenly Father, Almighty and everlasting God, who hast safely brought me to the beginning of this day; preserve me in the same, and all other days of my life, from all sin and danger; and by thy Gracious Governance, dispose all my thoughts, Words, and Actions this day, to thy Glory, through Jesus Christ our Lord. *Amen.*

**M**ost gracious God, I humbly beseech thee as for this Kingdom in general, so especially for him, who is the Supreme Governour thereof; O Lord, grant the King along life, that his *Years* may endure as *many Ages*; furnish him with safe and wise Counsels, and give him an heart of courage and constancy to pursue them; Oh; prepare thy loving mercy and Faithfulness for him, that they may preserve him: Let thy Name, O God of Jacob, defend him: Send him *help* from thy *Sanctuary*, and *strengthen* him out of *Sion*; and let us his Servants under thee, see with joy, that thou wilt hear him from thy Holy Heaven, even with the wholsom strength of thy Right Hand; so will we always sing Praises unto thy Name, through Jesus Christ our Lord. *Amen.*

**B**less, O Lord, the Queen Dowager, her Royal Highness the Princess *ANNE* of *DENMARK*, and all the *Royal Fam-*

*ly*; Prosper them with all happiness, and make them all instrumental to the furtherance of thy Glory in this World, and bring them to thine everlasting Kingdom in the World to come, through Jesus Christ our Lord. *Amen.*

**G**ive Grace, O Heavenly Father, to all *Bishops and Curates*, especially to *Him* whom by thy good Providence thou hast appointed my *Spiritual Pastor and Guide*. Grant that I may reverence his Person, and have regard to his good and wholesom Counsels, so that by him I may be conducted, and together with him enter into thine Eternal Joy through Jesus Christ. *Amen.*

**O** God, the Creator and Preserver of all mankind, I beseech thee for all sorts and conditions of Men, and especially for thy Holy *Catholick Church*, that one *Faith* may be *Uniformly* professed, as thy *Church* and can be but *One*; purge it from all *Atheism*, *Heresie*, and *Schism*; and grant that all they who do profess the holy Name, may agree in the truth of thy holy Word, and hold the Faith in unity of Spirit, in the bond of Peace, and in righteousness of life, through him who is the only *Head* over all things to his *Church*, *Jesus Christ our Lord*. *Amen.*

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**O** God of Mercies, and Father of Comforts, have mercy, and comfort all those who are any ways afflicted or distressed in Mind, Body, or Estate ; Relieve them according to their several necessities, give them Patience under their sufferings, and an happy issue out of all their Afflictions, for Jesus Christ his sake. *Amen.*

**G**racious Lord, bless all those who are near and dear unto me, and make them near and dear unto thine own self: All my *Kin-*  
dred, \* all other my *Friends,*  
*Acquaintants, and Benefactors* particularly †. Forgive me and them all our sins, and continue us thy Servants in life and death.  
*Amen.*

\* Here insert  
your nearest Rela-  
tions.

† Here parti-  
cularize whom you  
think fit.

**T**HE Lord fulfil the Desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me and keep me: The Lord lift up the light of his countenance upon me, and give me peace both now and evermore. *Amen.*

## PRAYERS for the EVENING.

**O** Lord, I do again humbly present my self before thee; let my Prayers be set forth in thy sight as the *Incense*, and the lifting up of my hands be an *Evening Sacrifice*, even for Jesus Christ his sake. Amen.

**O** Ur Father, which art in Heaven, Hallow ed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespasses, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the power, and the glory, for ever and ever. Amen.

Then read a *Psalm*, which conclude with,

*Glory be to the Father, &c.*

After it a *Chapter* out of the *New Testament*, at the end of which say,

**L** ord, now lettest thou thy Servant de part in peace, according to thy Word. For mine eyes have seen thy salvation. Which thou hast prepared before the face of all people.

To be the Glory the As it shal After Belie of He only Son Ghost, B Pontius le Descen gain from and sitte Almighty the quick Ghost, the nion of S surrection Amen. To Ur Will be us this a Trespass against u deliver

To be a light to lighten the Gentiles, and  
to be the Glory of thy people *Israel*.

Glory be to the Father, and to the Son, and to  
the Holy Ghost.

As it was in the beginning, is now, and ever  
shall be, World without end, Amen.

After which, devoutly repeat your Creed.

I Believe in God, the Father Almighty, Maker  
of Heaven and Earth; and in Jesus Christ his  
only Son our Lord, who was conceived by the Holy  
Ghost, Born of the Virgin Mary, suffered under  
Pontius Pilate, was Crucified, Dead and Buried,  
descended into Hell, the third day he rose a-  
gain from the Dead, he Ascended into Heaven,  
and sitteth on the right hand of God the Father  
Almighty; from whence he shall come to judge  
the quick and the dead. I believe in the Holy  
Ghost, the Holy Catholick Church, the Commu-  
nion of Saints, the forgiveness of Sins, the Re-  
surrection of the Body, and the Life everlasting.  
Amen.

The Lord be with me. Amen.

Our Father, which art in Heaven, Hallowed  
be thy Name: Thy Kingdom come: Thy  
Will be done in Earth, as it is in Heaven: Give  
us this day our daily Bread: and forgive us our  
Trespasses, as we forgive them that Trespass a-  
gainst us: And lead us not into Temptation, but  
deliver us from Evil, Amen.

**A** Lmighty and most merciful Father, but a most severe and just Judge, to all obstinate and Impenitent Sinners, I acknowledge and bewail my manifold Sins and Wick-edness, which I from time to time most grievously have committed in Thought, Word and Deed, against thy Divine Majesty. I have sinned, and what shall I do unto thee, O thou Preserver of Man? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done, and there is no health in me. But thou O Lord, have mercy upon me, a miserable Offender! O God, who desirest not the death of a Sinner, but rather that he would turn from his wickedness and live, Have mercy upon me; spare and restore me, who desire in all humility to confess my faults, and be penitent for them; Have regard to thy Son *Jesus Christ*, who is our *Advocate* with thee, and the *Propitiation* for all our Sins; for whose sake grant me true Repentance, and the assistance of thy *Holy Spirit*, to please thee hereafter in all things, to teach and enable me to deny all Ungodliness and Worldly Lusts, and to live Soberly, Godly and Righteously in this present evil World, that so at last, I may come to thine eternal Joy, through Jesus Christ our Lord. *Amen.*

*Almighty*

A Lmighty God our Heavenly Father, who of thy great mercy hast promised *Forgiveness* of sins to all them that with hearty Repentance and true Faith turn into thee: Have mercy upon me; pardon and deliver me from all my sins, confirm and strengthen me in all Goodness, and bring me unto everlasting life, through Jesus Christ our Lord. *Amen.*

A Lmighty and ever-living God, who hast commanded me to pray for *all Men*; I humbly beseech thee, most mercifully to receive these my Prayers which I offer unto thy Divine Majesty; beseeching thee to inspire continually the *Universal Church*, and especially *that part of it in these Kingdoms*, with the Spirit of Truth, Unity, and Concord: Bless him who is Supreme Governor over it, our most gracious Sovereign Lord King *WILLIAM*; Treasure up in him all thy hidden Blessings, make and keep him a devoted Servant unto thee, a constant Patron of thy Church and Truth; that he may live long, and be full of honourable Success all his days. Bless him in his Person, in his Actions, in the whole Royal Family, in his Servants, in his People; and this life ended, crown him with *everlasting Glory*. Under him, bless the whole State Ecclesiastical and Civil, that Righteousness and Peace may kiss each other, and we may serve and honour thee for ever. *Amen.*

**O** Lord, bless the afflicted Members of the Body of thy Son, wheresoever, howsoever distressed: Send them constant Patience, and speedy Deliverance, as seems best to thee, and is best for them: And do unto them according to all those mercies, which I would, or should desire thou shouldest shew to my own Soul; if at any time thou shalt be pleased to make my Estate as theirs is at this present; And then, O Lord, be merciful.

*Amen.*

**G**racious God, bless all the places to which thou hast made me have any near Reference, every Soul contained in them: All my Friends, Kindred, and Acquaintance; and to whom thou hast made me any way obliged, especially my *Father, Mother, &c.* Lord, I beieech thee, forgive me and them all our sins, and continue us thy Servants both in Life and Death; making us doubly dear unto each other, both in the Flesh, and in the Lord.

*Amen.*

**A**lmighty God, Father of all mercies, I thine unworthy Servant do give thee most humble and hearty thanks for all thy goodness and loving kindness bestowed on me. Above all, for the *Redemption* of the World by our *LORD JESUS CHRIST*;

in

in Him, for the means of Grace, and for the hope of Glory : For all the blessings of this Life ; for thy creating, and for thy protection of me all my days ; and particularly, that *this* day past, thou hast preserved me in my health, and *assisted me in my Devotions*\*.

Give me, I beseech the, a due sense of these thy mercies : <sup>\* Or prospered me in my Affairs.</sup> and Grace and Power to express it by an Obedience to all thy Commandments. Go on to preserve, and take me into thy Protection this Night, Lighten my darkness, O Lord, and by thy great mercy defend me from all perils and dangers of this Night, for the Love of thy only Son Jesus Christ our Lord. *Amen.*

THE Lord fulfil the desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me and keep me : The Lord lift up the light of his countenance upon me, and give me peace, both now and evermore. *Amen.*

*Shorter Prayers for Servants, or any others, who  
may be engaged in necessary Affairs.*

*For the Morning.*

**P**raised be the Lord, from the rising up of the Sun, unto the going down of the same. Thou art my God, and I will thank thee: Thou art my God, and I will praise thee; who hast lightened mine eyes, that I sleep not in death; hast delivered me from the terrors of the Night, and from the evil that walketh in darkness; who renewest thy Mercies to me every Morning, and hast given me one day more to serve thee, and call upon thy Name. I laid me down and slept, and rose up again, for thou Lord only makest me to dwell in safety: to thee therefore Father, Son, and Holy Ghost, the blessed, glorious and undivided Trinity, be honour and glory this day, and for evermore. *Amen.*

I will arise and go to my Father, and will say unto him,

**F**ather, I have sinned against Heaven, and before thee, and am no more worthy to be called thy Son; but turn thee unto me, and have mercy upon me. Remember not mine Iniquities, nor the Iniquities of my Fore-fathers, neither take thou yengeance of my sins.

*Have*

Have regard to thy Son Jesus Christ, who had no regard to his own life, but laid it down on the Cross for me: and in him, and for his sake be reconciled unto me. *Amen.*

Enter not into judgment with thy Servant, O *Lord*, for if thou shouldest be *extream* to mark what I have done a miss, what would become of me? for of so many millions of sins that I have committed, I cannot answer thee one of a thousand. But, O thou, who hast revealed it to me as a *faithful saying*; that JESUS CHRIST came into the World to save Sinners, save me, O save me, who am the chiefeſt of them; wash away all my sins in his Blood, bury them in his Grave, that they may never rise up in this World to shame me, or in World to come to condemn me. *Amen.*

Thou hast been my ſuiceour, leave me not; neither forſake me, O God of thy *Salvation*; but go on to create in me a clean heart, a new and contrite heart, and to renew a right Spirit within me. Give me thy *Holy Spirit* to think, and do always ſuch things as be right-ful, that I who cannot do any thing that is good without thee, may by thee be enabled to live according to thy will, through JESUS CHRIST our Lord. *Amen.*

O God, the Creator and Preserver of all Mankind; I humbly beſeech thee for all ſorts and

and conditions of Men; especially for thy Holy Catholick Church; for that part of it in these Kingdoms; for him who is the Supreme Governour thereof, our dread Sovereign Lord King *WILLIAM*, and all the Royal Family; for the whole State Ecclesiastical and Civil; for all those who are any way afflicted, or distressed in Mind, Body or Estate; for all my Relations, Friends and Benefactors; particularly, &c. Endow them all with Heavely gifts, answerable to their respective Places and Callings; guide them with thy Counsel here, and hereafter bring them unto Glory, through Jesus Christ our Lord.

*Amen.*

Defend me, O God, under thy Wings, and keep me safe *this day* under thy Feathers. Give thine Angels charge over me, to keep me in all my ways. Set a watch *this day* before my mouth, and keep the door of my lips. Turn away mine eyes that they behold not vanity; and let not mine heart be inclined to any evil thing. Order my steps in thy Word, that no wickedness may have dominion over me. Prosper thou the work of my hands unto me, O prosper thou my handy-work, and let thy merciful kindness be this day upon me, like as I do put my trust in thee, through the Merits of thine only Son, Jesus Christ our Lord. *Amen.*

Our

*Our Father which art, &c.*

*For thine is the Kingdom, &c.*

The Blessing of God Almighty, Father, Son, and Holy Ghost, be with me, and all related to me, this day, and for evermore. *Amen.*

*A short Prayer for the Evening.*

O Praise the Lord all ye his Servants, ye that by night stand in the House of the *Lord*. With these, O Lord, do I now lift up my hands to thy Sanctuary, and will praise thy Name for all thy mercies *Spiritual* and *Temporal*, bestowed on me in JESUS CHRIST, for this days life and protection, for withholding those several Judgments which my sins deserved, for loading me with a multitude of Blessings, which by reason of my manifold sins I have not deserved. Forgive, O Lord, forgive them all, and increase thy Grace upon me evermore; let them not hinder thy Graces hereafter from descending down upon me, nor my Prayers at this or any other time, from ascending up unto thee, as an acceptable Sacrifice, through Jesus Christ our Lord. *Amen.*

Have mercy upon me, O God, after thy great goodness; and according to the multitude of thy mercies do away mine offences. Wash me thoroughly from my wickedness, and cleanse

cleanse me from my sin. For I acknowledge my faults, and my sin is ever before me, O thou who hast sent thy Son into the World, not to call the *Righteous*, but *Sinners* to Repentance, have mercy upon me, and grant me true Repentance unto life, never to be repented of, and which may bring me to thine eternal joy, through Jesus Christ our Lord. *Amen.*

Keep me, O Lord, *thy poor bumble Servant*, with thy perpetual mercy: And because the frailty of man without thee cannot but fall, preserve me ever by thy help from all things hurtful, and lead me to all things profitable to thy Salvation, through Jesus Christ our Lord. *Amen.*

O God, who wouldest have all to be saved, and come to the knowledge of the Truth, have mercy upon all men. Bless every member of the Universal Church, especially that part of it in this Land of my Nativity, and herein the Kings Majesty, and the whole Royal Family; all that are in Authority under him, all the Ministers of thy Holy Word and Sacraments, particularly him to whose oversight thou hast committed me. Give, I pray thee, unto them all according to thy good pleasure, the bleifings both of this life, and that which is to come. Forget not peculiarly to shew mercy to the Relations, Friends, Helpers, and Well wishers of thy Servant. Let thine

thine eye of Mercy be ever open upon all thy wanting and suffering Servants; support them under, and graciously deliver them out of all their distresses, even for Jesus Christ his sake, *Amen.*

Thy Servant will speak yet once more, and beseech thee, O Lord, who hast made the Night for Man to rest in, as well as the Day to labour, that *this Night* I may so take my bodily rest, that my soul may continually watch for my deliverance out of this mortal life; and that my sleep be not excessive, according to the infatiate desires of the flesh, but sufficient to relieve, and maintain Nature. Let me remember thy Name *in the Night season*, and commune with mine own heart, and search out my spirits, and compose them in thee, that I may rise to serve thee in all sober and godly conversation, through the aid and assistance of Jesus Christ our only Lord and Saviour. *Amen.*

*Our Father which art, &c.*

*For thine is the Kingdom, &c.*

The Blessing of God Almighty, Father, Son, and Holy Ghost, be with me, and rest upon me, and all related to me, this night, and for evermore. *Amen.*

*Direct.*

*Directions how to pass our days well and acceptable unto God.*

**S**aint Basil exhorts to this purpose, before we do any thing else, be we careful to consecrate the first fruits of the day, and the very beginning of our holy thoughts unto the Service of God. Accordingly let the first thing which you do, and the first Word which you speak, every day, tend to this great and important end the worship and acknowledgment of Almighty God ; for, as good men have observed, upon our first thoughts do commonly depend the thoughts and actions of the whole Day : Therefore when you first awake, you must admire, and thankfully resent his great goodness for the last nights sleep, who might, and deservedly too, have suffered Death to seise on you whilest sleeping, and hurried you hence to render an account of what you have done in the flesh, the result of which will be, to think how ( on the supposal of this dreadful surprise) you were prepared, and to conclude and pray, Happy is that Servant, whom his Lord, when he cometh, shall find doing his Will. Amen. Be it to thy Servant according to thy Word.

To which Meditation prefix this holy Ejaculation.

*Lighten mine eyes, O Lord, that I sleep not in death. Amen.*

And

And subjoin this humble *Resignation* of your self in-  
to the hands of God.

Into thy hands, O Lord, I commend this day my soul and my body ; beseeching thee to be ever with me, to direct, sanctifie, and govern me in the ways of thy Laws, and in the works of thy Commandments, that through thy most mighty protection both here and ever, I may be preserved both in body and soul, to serve thee the only true God, through Jesus Christ our Lord. *Amen.*

2. After which, presently arise, and at your uprising, say

In the Name of God the Father, the Son, and the Holy Ghost. *Amen.* Blessed be God, the Holy and undivided Trinity, now and for ever. *Amen.*

I arise from my Bed to glorifie him. He, of his infinite mercy, *Bless and keep me this day, and for evermore. Amen.*

I laid me down, and slept, and rose up again, for the Lord sustained me.

3. At your Apparelling, say,

Put ye on the Lord Jesus Christ, and make no provision for the flesh, to fulfil the lusts thereof. *Cloath me, O Lord, with the Ornaments of thy Heavenly Grace, and cover me with the Robes of Righteousness, through Jesus Christ. Amen.*

4. At

4. At the washing of your hands, say,

O wash me thoroughly from my wickedness, and cleanse me from my sins: Make me a clean heart, O God, and renew a right Spirit within me, a Spirit cleaving stedfastly unto thee, through Jesus Christ. Amen.

5. After which betake your self to your Morning Prayers, and after them, walk a while in your Chamber, and bethink your self of the Business of the following Day, and of a prudent and conscientious transaction of them: in the managure of which, consider what temptations may probably assault you, and arm your self against them, what Good your occasions may render you capable of doing this Day, and resolve within your self to do it, and to do it as effectually as you can. And be willing to commit all your Affairs to God, to be guided by his Counsel; protected and provided for by his Care; according to the advice of holy David, Commit thy way unto the Lord, trust also in him; and he shall bring it to pass.

6. And for as much as the Apostle enjoyns us to pray always; and again, to continue in Prayer, accordingly should we follow his injunction; and that we should do nothing else but pray, but have our hearts so enflam'd with the love of God, as to be in a continual disposition to pray, and this not only at all set and accustomed times, but at all times, and upon all occasions and objects presented, raise up your souls upon the spiritual Wings of Holy Meditations, Celestial Affections, Devout Colloquies and Ejaculatory Converses with Heaven. Thus Enoch walked with God, and was Translated. Thus David professeth, I have set God always before me: And I will give Thanks unto the Lord, his praise shall ever be in my mouth. Correspondently whereunto

unto you should furnish your self with *Meditations* fitted to *every days* ordinary actions, and several dispositions of your Soul.

When you go forth out of your *House or Chamber*, say,

The Lord preserve my *going out*, and *my coming in*, from this time forth for evermore.  
Amen.

When you stand upon some *high place*, say,

Thy Mercy, O Lord, reacheth unto the *Heavens*, and thy Faithfulness unto the *Clouds*.

When you behold *pleasant Fields*, and *variety of Objects*, say,

O Lord, how manifold are thy Works! in wisdom hast thou made them all: *The Earth* is full of thy Riches.

When you see or hear *any thing extraordinary*, say,

Blessed be the Lord God, even the God of *Israel*, who only doth *wondrous things*, And blessed be the Name of his Majesty for ever: And all the Earth shall be filled with his Majesty. Amen. Amen.

When

When you hear the *Clock*, or see the *Hour of the Day*, say,

Our *days upon Earth*, are but as *a shadow* ;  
and we bring *our Years* to an end as a *Tale that is told* ; so teach me to number *my days*,  
that I may *apply my heart unto wisdom*. *Amen*.

When you go to *read the Scriptures*, say,

Open thou mine eyes, O Lord, that I may  
see the *wondrous things* of thy Law. *Amen*.

When you are *sad, or discontented*, say,

Why art thou so *full of heaviness*, O my soul,  
and why art thou so *disquieted* within me?  
*Put thy trust in God*, for I will yet *give him thanks* for the help of his countenance.

When you *hunger or thirst*, say,

Blessed are they that *hunger and thirst* after  
righteousness, for they shall be filled.

When you are *asked an Alms*, being able to give, say,

Blessed be God, who hath not only given  
me *ability*, but this *opportunity* also to lay up  
in store for my self a *good foundation* against  
the *time to come*, that I may lay hold on  
*eternal Life*,

When

When you hear others *evil spoken of*, say,

Lord, who shall dwell in *thy Tabernacle*, or who shall rest upon *thy Holy Hill*? He that hath used no deceit in his *Tongue*, nor done evil unto his Neighbour, and hath not slandered his Neighbour.

Upon the *sense of your sins*, and the mispending of *your time*, say,

Call to remembrance, O Lord, thy tender *mercies*, and thy *loving kindness*, which have been ever of Old. O remember not the *sins and offences of my Youth, nor of my riper Years*. O deal not with me after *my sins*, neither reward me after *mine iniquities*, but according to thy mercy think thou upon me, O Lord, for thy *goodness*. Amen.

7. Be careful to retire, some part of the day, into your *Closet*, and devoutly read the *Meditation for the Day*, at the *end of this Book*: And on every *Friday*, as also the *Wednesdays and Saturdays in Lent, and Ember Week*, the *Litany and Prayers at the Ninth Page thereof*.

8. Neglect not when occasion offers, to perform all *Spiritual Works of Mercy*, viz. to *Instruct the Ignorant, to correct Offenders, to counsel the Doubtful, to suffer Injuries with Patience, to forgive Offences and Wrongs, to pray for others*. As also all *Corporal Works of Mercy*, viz. to *Feed the Hungry, and give Drink to the Thirsty*

*Thirsty ; to Cloath the Naked, to Harbour the Stranger and  
Needy, to Visit the Sick, to minister unto Prisoners and Cap-  
tives, to bury the Dead.*

9. Next to the Holy Commandments and Injunctions of the Gospel, be diligent to observe the Precepts of the Church, viz.

1. " *To observe the Festivals and Holidays.*
2. " *To keep the Fasting Days with Devotion and Abslinence.*
3. " *To observe the Ecclesiastical Customs and Ceremonies Established, and that without forwardness and contradiction.*
4. " *To repair every day, Morning and Evening, unless there be a just and unfeign'd cause to the contrary) unto some Church or Chappel for publick Prayers, unto which God hath in a more peculiar manner annexed his Blessing, that where two or three are gather'd together in his Name, he will be in the midst of them.*
5. " *To Receive the blessed Sacrament of the Body and Blood of Christ with frequent Devotion, and three times a year at least: whereof Easter to be always one. And for the better preparation thereunto, as occasion is to disburden your Conscience of those Sins that may grieve you, or Scruples that may trouble you, to a learned and discreet Priest, and from him, to receive advice, and the benefit of Absolution.*

10. Possess your Soul with the *fear of God*, the Judge of all the Earth, who is about your path, and about your Bed, and spieth all your Ways: And dare you sin in his presence? Dare you so highly affront him to his face, before whom all things are naked and open?

11. Before you betake your self to your *Evening Prayers*, think upon all the *Day past*, how you have spent

spent it ; that is, what good or evil actions you have done, and what bad inclinations you have resisted or amended, asking God pardon for all the offences of it.

12. *As you undress your self consider*, That the time is coming, when you shall put off this *Body of Flesh*, as you do now the *Garments which cover its nakedness*; and that you may do this in *peace*, and to your *future happiness*, your *Soul* must now be *stript*, and put off concerning the former *conversation* the *Old Man*, which is *corrupt according to the deceitful lusts*, and put on that *New Man*, which after *God* is *created in Righteousness and true holiness*.

13. *As you enter into Bed, say,*

In the Name of our Lord Jesus Christ, who was *Crucified upon his Cross*, and *laid into his Grave* for me, I lay me down to rest ; He bless me, and keep me, He save me, and rise me up again ; and bring me at last unto life eternal. *Amen.*

14. *As you betake your self to sleep, say,*

I will lay me down in *peace*, and take my *rest* ; for it is thou, Lord, only that makest me dwell in *safety*. *Amen.* Have mercy upon me, O Lord, now at the hour of *death*, *Amen.* Preserve me while I am *waking*, defend me while I am *sleeping*, that my *Soul* may continually watch for thee, and both body and soul may rest in thy *peace* for ever. *Amen.*

15. *Should*

15. Should you in the *night time lie awake*, say,

O Lord, thou hast proved and visited my heart in the *night season*, thou hast tried me: O Blessed Father, purge me, that thou mayest find no wickedness in me, through Jesus Christ our Lord. *Amen.*

Lord give me grace to make haste, and not to prolong the time to keep thy Commandments; that I may call my own ways to remembrance, and turn my feet to thy Testimonies. And then, *at midnight* will I give thee thanks, because of thy righteous judgments, O Lord, my strength and my Redeemer. *Amen.*

16. In case you are not presently disposed to sleep, devoutly repeat the *LI. Psalm*, which to that purpose you must be careful to get by heart.

*Have mercy on me, O God, &c.*

*Glory be to the Father, &c.*

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*Brief Heads of SELF EXAMINATION, by way of Articles upon the Ten Commandments, to be enquired into by every Christian, especially on the Friday, or the day immediately preceding the Holy Sacrament.*

**E**nter into, and commune with thine own self, *O my Soul, Judge thy self, that thou be not judged; Condemn thy self, that thou be not condemned with the World; Answer for thy self before God, and in the presence of his Holy Angels, Guilty or not Guilty of Transgressing*

*The First Commandment, in all, or any of these Instances?*

1. **H**ast thou at any time *doubted whether there be a God, or of his Providence or his Power, of his Mercy or Justice, or any other of his Attributes?*

F

2. **Hast**

2. Hast thou neglected to know God, or to glorifie him as God; or to Love, Fear, Believe in, or to give Thanks unto him accordingly?
3. Hast thou feared men above him, by committing sin to shun some outward disgraces or sufferings from them?
4. Hast thou set up in thy thoughts any thing in Competition with God, as Pride, or some other darling Lust, or Interest?
5. Hast thou in thy prosperous condition been puffed up and forgotten God, and in danger and distresses not trusted in him, but in some other Worldly helps, or unlawful means, to bring thy self out of them?
6. Hast thou beeded too much superstitious Observations, or Dreams, or Fortune-tellers, or vain Predictions of Men, so as to give Credit to them; or Lots, so as to attempt the knowledge of some secret thing by them?

*Guilty or not Guilty of Transgressing the  
Second Commandment, in all, or any of  
these Instances?*

1. **H**ast thou framed in thy mind any bodily shape or form of God, or Worshipped him

him by an *Image*, or given that honour to Saint or Angel which is due only to himself?

2. Hast thou behaved thy self irreverently in any of thy Addresses to him, not *Kneeled*, or *Religiously bowed* thy self before him?
3. Hast thou at any time *wilfully omitted* Prayers, Publick or Private, and been *glad* of a pretence to do so?
4. Hast thou contented thy self with coldness and deadness, or wandering thoughts in thy Prayer; or *drawn near unto God* with thy lips, when thy heart hath been far from him?
5. Hast thou been more *careful* of the outward ceremonial part of thy *Worship* than of the inward and spiritual?

Guilty or not Guilty of Transgressing the Third Commandment, in all, or any of these Instances?

1. **H**ast thou in thine *ordinary Conversation* used any *rash Oath*, or *eager Execration*?
2. Hast thou *Perjured* thy self, or *Sworn any thing false*, knowing it to be so?
3. Hast thou *designed to abuse thy Neighbour*

by failing in any Engagement, which hath been in thy power to perform?

4. Hast thou seriously considered and bewailed thy frequent and dangerous violations of that *great and solemn Vow*, which thou madest to God in thy *Baptism*? As also the breach of any other *Religious and Deliberate Vows* and Promises made in times of Adversity, or at any other time unto him?
5. Hast thou *unduly regarded*, or *irreverently treated* any of those persons or things whereon the Name of God is called, as his Priests, Word, Sanctuary, &c.
6. Hast thou by a vile and wicked life, *given occasion* unto others to *Blaspheme* the Holy Name of God?

*Guilty or not Guilty of Transgressing the Fourth Commandment, in all, or any of these Instances?*

1. **H**ast thou *Profaned* the Lord's Day, or any other Feasts or Fasts of the Church by *intending* too much thine own business, and not *devoting* them chiefly to holy Exercises, whereunto they were assigned?
2. Hast thou been satisfied *in them* with the bare

Bare use of means without any regard to practice?

3. Hast thou neglected to shew forth *in them* thy Charity to those who stand in need of it?
4. Hast thou *in them*, neglected Prayer, or Reading the Holy Scripture, or receiving the Communion?
5. Hast thou profaned the *Lord's Supper*: either, first by coming to it *ignorantly*, or *without Examination*, or *without Contrition*, and *purposes of new life*: Or secondly, By Behaving thy self *irreverently* at it without *Devotion and spiritual Affection*? Or thirdly, by neglecting to keep the *Promises* made at it?
6. Hast thou been *careless of Assigning* some set and solemn times to *bumble* thy self for thy sins, or of *calling thy self to a daily account* for them, or of *acting revenge* upon thy self by *Fasting*, and other acts of *Mortification*?

*Guilty or not Guilty of Transgressing the Fifth Commandment, in all, or any of these Instances?*

**H**ast thou *refused Obedience* to the lawful Commands of the King, or any in

Authority under him; or *sowed Sedition* among his People?

2. *Hast thou grudged his just Tributes, or judged and spoken evil of him?*
3. *Hast thou grieved or despised thy spiritual Fathers, such as labour for thy soul?*
4. *Hast thou sought to withhold from them their just maintenance?*
5. *Hast thou forsaken thy lawful Minister to follow factious Teachers and Conventicles?*
6. *Hath thy behaviour been stubborn and irreverent unto, and hast thou despised thy natural Parents: Either first, By publishing their infirmities; or secondly, By Contemning their Counsels; or thirdly, By Murmuring at their Government?*
7. *Hast thou neglected on any occasion, to assist them to thy Power, or to offer up daily Prayers to God for them?*

*Art thou a Parent, and*

8. *Hast thou been careless of instructing thy Children betimes in the ways of God; but for want of timely Correction, suffered them to run into Customs of Sin; or encouraged them thereto by thine own evil Example?*
9. *Hast thou discouraged them by harsh and cruel usage, and not provided for their subsistence according to thine ability?*

*Art*

*Art thou a Brother or Sister, and*

10. *Dost thou want affection towards thy Brethren or Sisters, but sometimes harbourest Envyings and Heart-burnings in thy heart towards them?*

*Art thou a Husband, and*

11. *Hath thy behaviour been unkind, forward, and unquiet towards thy Wife, not bearing with her Infirmities?*

12. *Hast thou neglected to pray for her, and not endeavoured to advance her good, spiritual and temporal?*

*Art thou a Wife, and*

13. *Hast thou striven for Rule and Dominion over thy Husband, and resisted his lawful Commands, and not prayed for him?*

*Art thou a Master, and*

14. *Hast thou used they Servants cruelly and tyrannically?*

15. *Hast thou been careless of their Souls; either first, By not providing them means of Instruction: Or secondly, Not admonishing them when they commit sin: Or thirdly, Not allowing them time for Prayer, and the Worship of God?*

*Art thou a Servant, and*

16. *Hast thou disobeyed the lawful Commands of thy Master?*

17. Hast thou murmured at his *Rebukes*?  
 18. Hast thou purloined his *Goods*, or  
 carelessly wasted them?

*Guilty or not Guilty of Transgressing the  
 Sixth Commandment, in all, or any of  
 these Instances?*

1. **H**ast thou hastened thine end by *wilful intemperance, and disorderly living?*
2. Dost thou want *bowels of mercy* and *Compassion* to thy poor Neighbours, and not minister unto their Necessities?
3. Art thou guilty of *Murder*, secret, or open?
4. Hast thou wished in thine heart the death of any of thy *Neighbours or Relations*?
5. Hast thou *maligned*, and been *causelssly or sinfully angry* with thy Neighbour? Hast thou born any *Hatred, or Malice, or Revenge* in thy heart towards him?
6. Hast thou not rejoiced in his *good success*, but envied his *welfare*?
7. Hast thou drawn any to *Drunkenness, or other Vices* which may bring *Diseases or Death*?
8. Hast thou *maimed or burt* the body of thy Neighbour?

9. Hast

9. Hast thou stirred men up to fighting or quarrelling?
10. Hast thou rashly wished thine own death?

Guilty or not Guilty of Transgressing the  
Seventh Commandment, in all, or any of  
these Instances?

1. **H**ast thou *actually defiled thy Neighbour's Wife, or thy body by Adultery, Fornication, Lasciviousness, Uncleanness either of hand or eye?*
2. **H**ast thou *deliberately pleased thy self with, and consented unto any foul lascivious Thoughts, impure Fancies and Desires?*
3. **H**ast thou *delighted thy self in wanton Company, in unchaste Sons, or filthy obscene Talking?*
4. **H**ast thou not *laboured to subdue thy body by Feasting, or other Severities, but rather pamp'red it to heighten thy Lust?*
5. **H**ast thou *patched or painted thy face, or otherwise adorned thy body with a design of rendring others Lustful or Carnally desirous of thee?*

6. Hast thou been proud of thy Apparel, or bestowed too much *time, care, or cost* about it?

**Guilty or not Guilty of Transgressing the Eighth Commandment, in all, or any of these Instances?**

1. **H**ast thou been *content* with that state, what ever it be, wherein thou art?

2. Hast thou been *Idle* or *Negligent* in that condition of life whereunto thou art called?

3. Hast thou been *too vehement upon, or spent too much time at lawful Recreations*, or been at any time *drawn* by them to *Anger* and *Covetousness*?

4. Hast thou not been *so exact in paying and dealing* with those thou hast traded with as thou wert able, and in justice wert bound?

5. Hast thou in *buying or selling* used Arts of *deceit*, or *exacted* on the necessities of thy Neighbour?

6. Hast thou by *Violence, or colour of Law or Cozenage*, or any other *undue means* taken from thy Neighbour what belonged not to thee?

7. Hast

7. Hast thou kept back the wages of the Servant and Hireling?

*Guilty or not Guilty of Transgressing the Ninth Commandment, in all, or any of these Instances?*

1. **H**ast thou been forward to believe ill reports of thy Neighbour?
2. Hast thou causelessly suspected, or rashly judged of him?
3. Hast thou invented, or said any thing false that hath been injurious to his good Name and Reputation?
4. Hast thou falsely denied the truth, or refused at any time to bear witness unto it, either out of fear or flattery?
5. Hast thou willingly given ear to Slanderers, Busie-bodies, and such as go about with Lies?
6. Hast thou pleased thy self in raising and whispering vain and fruitless Lies?
7. Hast thou railed at thy Neighbour for any Injuries done unto thee?
8. Hast thou despised, or scoffed and derided him for his Infirmitie?
9. Hast thou dissembled, or dealt doubly with him?

10. Hast thou been desirous to seem, and to be reputed greater or better than thou art?

**G**uilty or not Guilty of Transgressing the Tenth Commandment, in all, or any of these Instances?

1. **H**ast thou at any time *inordinately* lusted after what belongs to others?
2. Hast thou entertained *secret Covetings* in thy thoughts, with any delight or complacency in them?
3. Hast thou harboured a thought or desire to hurt, or *any way* prejudice thy Neighbour?

*Lord have mercy upon us, and incline our hearts to keep this Law.*

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Colle<sup>cts</sup> for particular Graces.

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*For Faith.*

**A**lmighty God, whom without *Faith* it is impossible to please; grant me, I beseech thee, so perfectly to *believe* in thy Son Jesus Christ, that my *Faith* in thy sight may never be reproved; and being called to the knowledge of thy Grace, and *Faith* in thee, and admitted into the *fellowship* of *Christ's Religion*, I may eschew those things which are contrary to my Profession, and follow all such things as are agreeable to the same, through Jesus Christ our Lord. *Amen.*

*For Hope.*

**B**lessed Lord, who hast caused all *Holy Scri-*  
*ptures* to be written for our learning; grant that I may in such wise *hear* them, *read*, *mark*, *learn*, and inwardly *digest* them, that by *Patience* and *Comfort* of thy *Holy Word*, I may embrace, and ever hold fast the *blessed hope* of ever-

everlasting life, which thou hast given us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with power and great glory, I may be made like unto him in his eternal and glorious Kingdom, where with thee, O Father, and thee, O Holy Ghost, he liveth and reigneth, ever one God, World without end. *Amen.*

*For the Love of God.*

**O** God, who hast prepared for them that *love thee*, such good things as pass mans understanding, pour into my heart such *Love towards thee*, that I *loving thee above all things*, may obtain thy Promises which exceed all that I can desire, through Jesus Christ our Lord. *Amen.*

*For Charity.*

**O** Lord, who hast taught us, that all our doings *without Charity* are nothing worth; send thy *Holy Ghost*, and pour into my heart the most excellent gift of *Charity*, the very bond of *Peace*, and of all *Vertues*, without which whosoever liveth, is counted dead before thee. Grant this for thine only Son Jesus Christs sake. *Amen.*

*For*

For Chastity.

**O** Holy Jesus, who wert conceived in the Womb of a *Virgin*, I beseech thee grant thy Servant grace to withstand all temptations of the *Flesh*, and with a pure and clean heart to follow thee the only God, even for thine own mercies and merits. *Amen.*

For Contrition.

**A**lmighty and everlasting God, who hast nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in me a *New and Contrite Heart*, that I worthily *Lamenting my sins*, and *acknowledging my wretchedness*, may obtain of thee, the God of all mercy, perfect *Remission and Forgiveness*, through Jesus Christ our Lord. *Amen.*

For Devotion.

**M**ost great God, who hast not only *Permitted*, but *invited us needy and miserable Creatures* to present our *Petitions* to thee: O let me set a true *value* on this most *invaluable Priviledge*. I come unto thee, O Lord, as a *Worm to my Sovereign Maker*; I come as an

*Henigus*

*Heinous Offender* to a just and *severe Judge*; let, I pray thee, mine addresses to thine house be with a Reverence some way answerable to thine *awful Majesty*; give me an *bearty desire* to pray, and such a *pure intention* and *fixedness of mind* upon thee, that I may no more incur the guilt of drawing near to thee with my *Lips*, when my *Heart* is far from thee: But may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to thee hear, I may be translated to the praising thee eternally in thy *Glory*, through Jesus Christ our Lord. *Amen.*

*For the Fear of God.*

**M**OST great God, who only art high, and to be feared, O put thy *fear* into my heart, that I may not sin against thee; let me never so misplace my *Fear* as to be *afraid* of Man, whose breath is in his *Nostrils*: But fill me, O Lord, with the *Spirit* of thy *Holy Fear*, which is the beginning of *Wisdom*, and let it preserve me in a *perpetual conformity* to thy *Will* in all things, through Jesus Christ our Lord. *Amen.*

*For*

For Contentedness.

**O** God Heavenly Father, who by thy Son Jesus Christ, hast promised to all them that seek thy Kingdom, and the Righteousness thereof, all things necessary to their bodily sustenance ; keep me, I beseech thee, under the protection of thy good providence, and learn me in whatsoever state I am, therewith to be *Content* : Grant me grace to forsake all *covetous desires* and *inordinate love of Riches*, and so to pass through things *Temporal*, that I finally lose not the things *Eternal* ; but that among all the sundry and manifold changes of the World, my heart may surely there be fixed, where true joys are to be found, through Jesus Christ our Lord. *Amen*.

For Diligence.

**O** Lord, who in thy holy Gospel didst sentence the *lothful* and *unprofitable Servant* to be cast into outer Darkness : Grant that I may not stand here *all the day idle*, but may give all *Diligence* to make my *calling* and *Election* sure ; make me in some measure *Useful* to my self and others, both as to *This*, and a *better Life*. O let me never lay mine eyes to sleep, nor mine eyelids to thumber, but learn and labour to get  
*my*

*my own living, and to do my duty in that state of life, whereto it hath pleased thee to call me, through Jesus Christ our Lord. Amen.*

*For Humility.*

**A**lmighty God, who resistest the *proud*, and givest Grace to the *Humble*; mercifully grant that I may follow the example of the great *Humility* of thy blessed Son, who did *humble* himself to take upon him our Flesh, and to suffer death upon the *Cross*: Convince me that I am less than the least of all thy mercies: that as I am *vile* in my self, so let me be *vile* in mine own eyes, and may therefore esteem every man better than my self. Grant this, O Father, for thy Son Jesus Christ's sake. *Amen.*

*For Justice.*

**O** Thou King of *Righteousness*, who lovest *Righteousness*, and art mighty to save; give me Grace to obtain this love of thine by cleansing my heart and hands from all *fraud* and *injustice*; O grant that I may most strictly observe that sacred Rule of doing unto all men, as I would they should do unto me; that I hurt no body in word or deed, but be *true* and *just* in all my dealings; that so keeping *innocency*, and taking heed unto the thing that

that is *right*, I may have peace at the last, even peace with thee, through Jesus Christ our Lord. *Amen.*

For Meekness.

**A**lmighty God, who hast given thine only Son, to be unto us both a *Sacrifice* for sin; and also an example of godly life; give me Grace to learn of him who was *meek and lowly* of heart, to put on bowels of *mercy, meekness, and long suffering*; to be so far from offering the least injury, that I may never return the *greatest*: And grant, I beseech thee, that the course of the World may be so peaceably ordered by thy Governance, that I may joyfully serve thee in all *godly quietness* through Jesus Christ our Lord. *Amen.*

For Sincerity.

**O** Holy Lord, who searchest the heart, and triest the reins, try me, I beseech thee, and seek the ground of my heart; purge it from all *Hypocrisy*, and suffer not any accursed thing to lurk within me; give me *truth* in the inward parts, to be *pure in heart*, that I may be qualified to see thee in thy Kingdom, through Jesus Christ our Lord. *Amen.*

For

## For Temperance.

**G**racious Lord, who refreshest us with thy good Creatures, and art the Author of all good things which we do enjoy; give me Grace, I pray thee, to use them with *thankfulness and Moderation*, let me never be overcharged with *Surfeiting* and *Drunkenness*, nor my Table be ever made a snare unto me; but that I may so *eat and drink*, that my flesh may be subdued to the Spirit, and I may ever obey thy godly motions in Righteousness and true Holiness, to thy Honour and Glory, through Jesus Christ our Lord. *Amen.*

## For Thankfulness.

**G**racious God, who hast taught me, that it is a joyful and pleasant thing to be *thankful*; suffer me not, I beseech thee, to lose my part in that Divine pleasure, but make me truly and unfeignedly *thankful* to thee for all thy mercies: Let thy mercies lead me to Repentance, and give me grace to improve them all to the advancement of thy Glory, and the furtherance of my Salvation, through Jesus Christ our Lord. *Amen.*

For

*For Truth.*

**O** God, who never didst to help and govern them whom thou dost bring up in thy stedfast fear and love ; Grant, I pray thee, that I may *lean* only upon the *Hope* of thy heavenly Grace, and in all my troubles put my *whole trust* and *confidence* in thy *mercy*, casting all my care upon thee, and being *careful* for nothing, but to keep thy Testimonies, and think upon thy Commandments to do them, Grant this, O Father, for Jesus Christ's sake. *Amen.*

*For Preseruance.*

**O** Lord, raise up, I pray thee, thy power, and come among us, and with great might succour me ; that whereas through my sins and wickednes, I am sore lett and hindred in running the Race that is set before me ; thy bountiful grace and mercy may help and strengthen me to hold out unto the end, so that I may be saved ; to be faithful unto death, that I may receive a Crown of life : nourish me, I pray thee, with all goodnes, and of thy great mercy keep me in the same, through Jesus Christ our Lord. *Amen.*

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*For*

*For Truth.*

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*For Preseverance.*

**O** Lord, raise up, I pray thee, thy power, and come among us, and with great might succour me; that whereas through my sins and wickedness, I am sore lett and hindred in running the Race that is set before me; thy bountiful grace and mercy may help and strengthen me to hold out unto the end, so that I may be saved; to be faithful unto death, that I may receive a Crown of life: nourish me, I pray thee, with all goodness, and of thy great mercy keep me in the same, through Jesus Christ our Lord. *Amen.*

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A  
**MEDITATION**  
FOR  
Every Day of the Week.

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*Mondays Meditation.*

*Of the End for which I was Born.*

MY God, who is not capable of any accession of Glory or Happiness by bringing me into this World, yet hath been pleased to bring me out of nothing, and give me a Being, that so he might make me the Object of his love, and hath now placed me in a condition far above all his other Creatures, except his Angels, and as all his other Creatures are subservient to my use, so hath he also ordained those heavenly pieces of his Creation to be ministering Spirits for my protection and advantage; and hath given me an Understanding, Will, and Memory; a Body vigorous, active, fit for employment of

of several kinds. But surely as I did not make my self, nor give my self those endowments; so am I not to think, that I am made for my self, or to serve my self alone: No, I am told by *Salomon*, that God made all things for himself; and if all things then my self too, who enjoy no small share of his loving kindness; and therefore now I am not free, and at my own appointment and disposition in the World, but am obliged to perform the things for which I was sent into this habitation: And upon my most serious recollection I am convinced, that for no other matter, or cause, or end, I was born or placed here, but only to serve God in this Life, and by this service to gain Heaven and Salvation in the Life to come. *Moses* tells me, that we were created, that we should be a holy People to serve our God; and for this end we were redeemed, *Luke* 1. 74, 75. to serve God in holiness and righteousness all the days of our life. Since then it is thus, that the end and final cause of my being in this World is to serve God, and thereby to work out my own salvation, whatsoever thing I do, or bestow my time in, which is either contrary, or impertinent, or not profitable to this end, though it were to gain Kingdoms, it is but vanity and lost Labour, and such as will turn in time to grief and repentance, if I change not my courses; because it

is

is not the matter for which I came into this World, nor for which I shall be demanded an account, except it be to receive judgment and punishment for the same. Again, seeing my only business and affair in this World is to serve my Maker, and save my own soul, and that all other Creatures here are but to serve my use to that only end, I desire to be indifferent to all these Creatures, as to Riches or Poverty, to Health or Sickness, to Honours or Contempt ; and I will endeavour to desire so much or little of either of them as God sees best for me to the attainment of the said end, which is the serving of God, and the weal of my own soul. And now, O my soul, I must take thee off from all vain and sinful delights, and from all immoderate use of those that are most innocent ; and fix my endeavours; and all my actions upon those things which may conduce to those ends, resolving to spend this day accordingly.

*A short Ejaculation for this Day.*

*Lord, since thou hast made me a reasonable Creature, let me not be more unreasonable than the Beasts, who do all according to the Rules thou hast set them : Grant that I may do nothing this day but what may advance thy Glory, and my own happiness. Amen,*

## Tuesdays Meditation.

## Of Gods Loving kindness to Man.

When I consider the parts of my body, or the faculties of my soul, I am astonish'd at my own dull heart, that I should so ungratefully spend my days without considering the manifold mercies of my God. How many poor Creatures do I behold, whom Nature hath rendered ridiculous by some deformities, in either misplacing, adding, or taking away some of their Members ; or else by Palsies, breaking of Bones or some other diseases or sad accidents have been made utterly useless when they were made : whilst my God hath sent me into the World compleatly built, and hath ever since preserved me thus without any of those blemishes or sad inconveniences, which I see many, that are better than my self, labour under. And then, my reason is perfect and clear without any imperfection, serves me upon all occasions to contrive and manage all those affairs I am ingaged in : whereas many are so stupid and ignorant, so softish and foolish, that they little differ from the very Beasts that tread in the Grass, and cannot in any services be useful either to themselves or others. But besides all these and the other advantage

I enjoy in common with all Christians, as my being created in the likeness of nothing but himself, to no other end, but to be his honourable Servant in this World, and his Copartner in Kingly Glory for all eternity in the World to come; besides the redemption and preservation which I am entitled to: Yet if I do not wretchedly oppose his various contrivances for my eternal good, I have many advantages in my Education, and in the daily passages of my Life, being assisted by good Books, frequent Instructions, constant Examples, and daily Devotions, which many good people have not the opportunity of. And now I am ashamed of my Ingratitude to so good, so great, so Bountiful a Lord, and resolve with my self for the time to come to amend my life, and my former behaviour to him. And since I know there is nothing, O Lord, which doth so much displease thee, or dry up the Fountain of thy Mercy, or so binds thy hands from doing good, as doth ingratitude in the receiving of thy Benefits, whereto I have hitherto exceeded all others; but I have done it, O Lord, in my own ignorance, not considering thine infinite gifts bestowed on me, or what account thou will demand for the same. But now seeing thou hast vouchsafed to make me worthy of this special grace also, where-

by to see and know my own error, I hope hereafter by direction of the same grace to shew my self a better Child towards thee. O my God, I am vanquished at length with consideration of thy love; and how can I have the heart to offend thee hereafter, seeing thou hast preserved me so many ways with Benefits? Can I have hands to lift up against thee, who hast given up thine own hands to be nailed upon the Cross for me? No, I trust not to return to such Iniquity for the time to come, to which, I beseech thee, for thy mercies sake, from thy holy Throne of Heaven, to say, Amen.

*The Ejaculation for this Day.*

*Lord, as thy mercies do surround me, so grant that my returns of duty may abound; and let me this day, manifest my gratitude by doing something well pleasing unto thee. Amen.*

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*Wednesdays Meditation.*

*Of Sin.*

**W**hen I reflect upon the displeasure which God hath to sin, to be so great, that he hates all those that work iniquity, that both the wicked men and his wickedness are hateful in his sight; and finally, that the whole life

life of sinners, their thoughts, words, yea, and their good actions also are abominations unto him, whilst they live in sin; and that which is yet more, he cannot abide not permit the Sinner to praise him, or to name his testimonies with his mouth, as the Holy Ghost testifieth. When I consider all this, I cannot but tremble with fear, lest I shouly be one of that number, having *carelessly* and *vainly*, and in many things *sinfully* past away my days and years without so much as a serious inquiry into my own life, or how I may give an account to my God: And when he hath called upon me, and invited me by any of his gracious methods to good, I have rather yielded to the vain and sinful complacencies of my tempting companions, and have too often chosen to hearken to, and follow them in their alluring customs, than to yield my self to his Heavenly Will, and the invitations of his holy Spirit: Nay, since I have more solemnly dedicated my self to his Service, and have had the paths of Piety smoothed and made plain for me to walk in with ease and delight, and have had a guide to instruct me in the ways of his Commandments; yet I still feel a coldness in my best performances, and my heart is even ready to retreat from holy duties, and willing again to withdraw me into the customary paths of this foolish World;

and my treacherous Soul is ready to argue on their side to defend and presently to excuse its ways, by saying, Pride is a point of Gentry, and having a just esteem of my self ; that gluttony and pampering my flesh is a warrantable enjoyment of the Creatures ; that anger and revenge are both effects of a noble mind that must not tamely put up affronts or disrespects ; that lasciviousnes is but a trick of youth ; that the immoderate and expensive Articles of cloathing, washing, patching, and adorning, about which so much time is frequently spent, are but the innocent setting off that beauty and comely feature, which they say, was purposely bestowed by God to be set out to best advantage for admiration and delight. Thus am I ensnared by the bewitching example to others to betray my own reason, so as to have too kind thoughts of all vices and fooleries of Mankind ; I shall one day find that such pleasant Devices and Dreams will be turned into Tears, and such fond conceits into doleful Lamentations ; for I know God will not be jested with, and that he is the same God still, and will ask as severan account of me, as he hath done of others before. Therefore my Soul, I will drive out of my heart all vain and foolish Complacencies in any thing that may withdraw me from my duty, or engage me into

into sin; and I will by Gods assistance spend my remaining days so, carefully, as not willingly to commit any thing I know to be a sin, or do any action, that I think may offend my God.

*The Ejaculation for this Day.*

O Lord, let me not this day add to that heap of sins which I stand guilty of, but give me grace to pass it innocently, that neither in thought, word or deed, any offence may pollute my soul. Amen.

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*Thursdays Meditation.*

*Of Death.*

I Do now appear before my God a living object of his favour; but how soon the Scene may change, and I go hence, is not yet discovered to me; possibly this very day may be the last that I shall ever count, and the same earth, which I do now so negligently tread may speedily receive me into her cold embraces. Nor is the way by which I shall pass from hence less uncertain than the time; for I cannot recount how many ways I may fall into those hands of my eternal Judge, whereof St. Paul conceives great horrour in only thinking. One little stone falling from the house top as I pass by, one slip of my Horse, or fall of my Coach as I ride, one sudden mis-

chance of a million that may befall me, is able to bereave me of this life, and cast me into that everlastingness, out of which the whole World shall not be able to deliver me. And if I could triumph over all these sad accidents, and had assurance that nothing of mishape should befall me to hurry me to my Grave; yet I have a War within me, a Seed plot of Corruption which will at length by degrees eat out my juice and marrow, and certainly return me to that Dust, from whence I took my being; and all those Friends and Relations who profess so much kindness, and are my Companions in my merriment, will endeavour to avoid the sight of me, and leave me a pale carcass to be sacrificed to the gaping Grave, and think no more of me than I am used to do of those I now survive. Possible some one or other dear Friend may passionately follow my Hearse, and mix some days and nights with tears for my departure. But alas, when the black attire of Funeral is over, and all my Acquaintance dismissed to their several houses, I am lodged in a condition uncapable of alteration; My Body falls to Dust, and is mingled with its own ruines; but my Soul that appears before the tribunal of that strict inquiry, that leaves no circumstance unsearch'd, but takes cognizance of all the passages of

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my life ; and accordingly I am dismissed into an endless condition of happiness or woe : and this Condition I must undoubtedly one time or other arrive at, through the gate of Death. O then let me daily, nay, hourly, provide for that passage ! I will by frequent Meditation of my death, suppress all growth of Sin in me ; I will think of the cold sweat of Death, and by that, allay all heat of wanton thoughts : I will think how meanly clad I shall enter into my Coffin, only a shroud, and other dresses, fitted to cover me from undecency ; and this thought shall keep me from complacency in rich attire and haughty deckings, I will think how pale and wan, and loathsome I shall then appear, and by that thought I will subdue and mortifie those pleasing conceits I am too apt to entertain : I will contrive the spending of my days, so as every day may something advance my preparation for a blessed Sentence.

*The Ejaculation for this Day,*

*O Lord, deliver me from the Corruptions of my own life, that so when I die, my corruptible may put on incorruption ; and let me this day do something that may add to my comfortable departure out of this life. Amen.*

*Fridays Meditation.**Of Judgment.*

AS soon as I have bid adieu to the World, and am arrested by the cold hands of Death, I must appear before my Judge, stript of all my Ornaments, and forsaken of all my Companions; the Book which shall be opened and whereby my cause must be discerned, shall be the evidence of my deeds and actions in this life, recorded in the Testimony of my own conscience; and in the infallible memory of Gods unsearchable Wisdom; so that this account will be most exact and exquisite, not omitting the least error or offence that I have committed or passed in all my life; and then my particular reward or punishment will be assigned to my own self, conformable to the quality of this account, wherein sentence of life or death is to be pronounced accordingly, and that without ever being recalled. But besides this, there will be another day of my appearance too, when all the World shall appear at the same General Sessions, and then my Body shall rise with me again to partake with me either in Joy or Torment, according as it hath been instrumental in my good or bad actions, and as it hath acted in those vertues or vices which my

my soul did exercise, and there my Saviour Christ who was contemptible in this World and dishonoured publickly, and put to confusion with the rest of his Saints and Martyrs in the sight of all men, shall then shew his Power and Majesty in the sight of all his Creatures together, but especially of all his wicked enemies, who after that day are never to see nor behold him more. And then too my own happiness or misery will have its full completion, and receive all the degrees which it is capable of. For men when they die, do not commonly carry with them all that good or evil which they have wrought, having left behind them divers things which may increase their good or ill deserving after their death; as their examples, their instructions given to others, their temporal Faculties or Abilities, Books, Preachings, Exhortations, and other like means, whereby good or evil may proceed after their departure, the reward whereof cannot so conveniently be assigned to them; for that their joy and punishment, in the places where they are, may daily be augmented by the hurt or good that may be wrought in this World, by the means they left behind them: So 'tis believed by divers, that the glory of St. Paul is increased daily in Heaven, and shall be unto the Worlds end, by reason of them who do

do daily profit by his Writings, and raise examples of good life upon the Earth: As also on the contrary part, that the torments of Hereticks are continually augmented by the number of them, who are from time to time corrupted by their seditious and pestilent writings; the like they hold of dissolute Poets, and other loose Writers, who have left behind them lascivious wanton and carnal Poems; as also of negligent Parents, Masters or Teachers, who by their Carelessness and evil examples, gave occasion to corrupt their Children, Scholars, or Servants committed to their Governments and instructions. But after this general day of Judgment once past, there shall be no more place of pretending upon Earth to either good or evil: for that the World there and then shall have an end, and final sentence be pronounced of whatsoever hath passed from the first foundation and establishment thereof. And it is thus, O my soul, that I must one day undergo so strict a scrutiny, that I cannot avoid so final a condition? I will surely then, clearing and casting up all accounts and reckonings of my traffick and Steward-Ship in this wordly pilgrimage, according to the advice of my God, have a careful and continual remembrance and consideration of it, as of the greatest and most important business that ever

I shall deal in ; and I will look upon it as the most forcible means to restrain me from sin that possibly may be among frail men in this life. Good God, what a wonderful meeting will this be ! how joyful to the good, and how lamentably doleful and terrible to the wicked ! The godly and righteous being to receive their bodies, wherein they lived, into the league and fellowship of their eternal bliss, shall embrace them with all possible sweetnes and delight : but the miserable damned spirits beholding the carcases which were the instruments and occasion of their sin : and, when well knowing that their unspeakable torments shall be increased by their mutual coniunction and association, shall abhor and detest the same, and curse the day that ever they were acquainted. And can I now think fit any longer to delay my preparation for this terrible day ; I will now enter into a true judgment of my self, my life, state, and actions, that so I may prevent the danger of that day : I will prepare my self, and accept of that good counsel of my Jesus, and watch for that day, that so I may be able to stand in that fiery trial : And my blessed Lord give me his Grace to look better about me than ever yet I have done. *Amen.*

*The Ejaculation for this Day.*

*My God, the Apostle tells me, that if I will judge  
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*myself: I shall not be judged of the Lord. O assist me with thy Holy Spirit, to ransack my polluted heart, that I may this day find out and forsake, whatsoever thou abhorrest, that so I may meet my Saviour at that great day of Judgment, with a pure and penitent heart. Amen.*

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### Saturdays Meditation.

*Of Hell, and the Condition of those that are doomed to it.*

**I** Am surprized with horror and amazement when I do but reflect upon this place, and am no less astonished to consider what God hath revealed to us in the Scripture, touching the dreadful circumstances of hellish punishments. And yet to see how little the wicked men of this World do fear; and indeed how little I my self have regarded them; I have not suffered the thought of Hell to dwell upon my spirits, lest it should prove too great an allay and hindrance of my pleasures and earthly contentments. But I am well assured, that this is the only time wherein I may avoid all; now is the season when I may put my self out of danger of all these Terrible matters; and therefore this very day I will resolve to fix them in my thoughts, for I know not what shall become of me to morrow, it may be, my heart will then be as hard and

and as careleſs of all these affairs as it hath been heretofore. Besides, I know that it cannot be very long before I must be judged; and that the pains are intolerable and yet eternal, which do attend and expect the wicked: I confess them most unfortunate and miserable, who for pleasure or commodity of this World are fallen into them: What then should hinder me to dispatch my ſelf of all impediments, and break violently from the charms of this wicked World which hinder me from this true and zealous resolution? Why ſhould I ſleep one night, ſeeing this night may chance to be my last? I know if I come there with a guilt upon my Soul, and ſin unrepented of, I must ſtand to that which is past, and according to my former demeanour muſt receive my doom. I ſhall behold a Judge there, whose Face I cannot avoid, whose Wisdom I cannot deſceive, whose Equity I cannot bow, whose Severity I cannot mollifie, whose Indignation I cannot appeafe, whose Determination I cannot alter, and from whose Sentence I cannot poſſibly appeal. Alas! What will all those delicate people do at that instant, who live now in ease and pleasure, and can take no pains in the ſervice of God, nor abide to hear the naming of that day? What ſhift, I ſay, will they find out in their extremities? Whether will they turn themſelves? Whose help will they crave?

crave? They shall see all things cry vengeance round about them, all things yield them cause of fear and horror, but nothing any spark of hope or consolation; above them they shall behold the Judge offended with their wickedness; beneath them, Hell opened, and the cruel Fornace ready prepared to receive them to torment; on the right hand shall be their sins accusing them; on their left, the Devils ready to execute God's eternal Sentence upon them; within them shall lie their own Consciences gnawing; without them all damned Souls bewailing; and on every side the whole World burning. And whilst the saved are rejoicing and singing praises to their Saviour, the damned will be blaspheming and cursing the day of their Nativity. Consider the intolerable upbraiding of those most insolent infernal spirits, against the miserable condemned Souls which are delivered to their prey; with how bitter scoffs and taunts they will drag them to their torments! Consider the eternal separation that must then be made of Fathers and Children, Mothers and Daughters, Friends and Companions; the one to glory the other to misery, without any hope ever to see or hear any more the one the other; and that which will be as great a grief as any of the rest, the Son or Daughter going to rest or joy, shall not take

take pity of their own Parents or Friends that are carried to calamity, but rather shall rejoice thereat, for that it redoundeth to the Glory of God for the execution of his Justice. O my soul, who art now considering of these things afar off, and then shalt be present to see actually before thine eyes; what a doleful separation will that be! What a parting! O let me think seriously, where will all my delights, recreations and vanities be at that day, all mine and my Parents pleasures and pastimes, and our pride and bravery in apparel, our glittering in Gold and sweet savours and perfumes, our honour's and adorations of Cap and Knee, our adulations of Flatterers, our delicate fare and dainty dishes, our wanton dalliances and pleasant entertainments? Where are all our Friends and merry Companions, accustomed to laugh and disport the time with us? Are all now gone? O Vanity of Vanities! when we have most need of them they are farthest from us, and the remembrance of them shall do nothing but torment us: O how sour will the pleasures past of the World seem at that day? How doleful will the cogitations thereof be unto us? How frivolous a thing all the delights, dignities, riches, offices and other preferments, wherein we take such excessive satisfaction now, and do weary our spirits for gaining

gaining the same? And on the contrary side, how joyful will that person be at that instant, who hath attended to lead a virtuous life, in resisting of sin, and doing good works, albeit it were with much pain and contempt in the World? Most happy creature shall he or she be that ever they were born, and overwhelmed with joy, that ever they walked the paths of Religion; and no tongue but God can express the happiness. And this by Gods grace shall be the busines of my remaining days.

*The Ejaculation for this Day.*

*Holy Father, season my Soul with such a dread of eternal torment, that no temptation may so bewitch me as to commit any thing that may bring me in danger of them; and let me this day order my steps so vigilantly, that I may contract no stain, which may occasion thy displeasure towards me, for Jesus Christs sake. Amen.*

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*Sundays Meditation.*

*Of Heaven and the Joys of that place.*

**I** Fa poor afflicted man, that were out of his way wandring alone in a deep miry dirty Lane, in the midst of a dark and tempestuous night, far from company, destitute of money; beaten with rain, terrified with thunder, stiff with cold, wearied out with labour, almost famished with hunger and thirst, and near brought

brought to despair, with a multitude of other miseries; should, upon the sudden, in the twinkling of an eye, be taken out of that affliction, and be placed in a goodly, large and rich Palace, furnish'd with all kind of clear lights, comfortable fires, sweet favourours, dainty meats, soft beds, pleasant musick, delicate apparel, and honourable Company, all prepared for him alone, and all to attend his coming, to receive and embrace him, to serve and honour him, and to crown and appoint him King for ever: What would this poor man do? How would he look? Certainly his heart would be ravish'd with that sudden and exceeding greatness of so unestimable a comfort. Yet so shall it be, and much more, with those happy Souls that come to Heaven from the troubles of this life; for never was a cool shade so pleasant in a hot Summers day, nor a Well spring to the poor Traveller in his greatest thirst of the Summer, nor the repose of an easie Bed to a wearied Servant after his labour at night, as shall this rest of Heaven, to a wearied Soul that comes thither. St. Paul tells us, *That we shall see God face to face*; St. John tells us, *That we shall see God as he is*; both the Apostles intimating, that all happiness is comprised in that: And the reason of all this is, because all the pleasures, delights, and contentations of this World, wherein

wherein mortal men do solace themselves, being nothing else but little pieces of Gods incomprehensible felicity: The same are contained, and much more perfectly in God himself, from whence they are derived: So that they are in their own nature imperfect unto men: But now in seeing God, we shall see all the goodness and perfection of worldly things compact and united together, and presented unto us all at once: And then this flesh of ours that now is so cumber som, grievous to the mind, that now is invested with so many inconveniences, subject to so many mutations, vexed with so many diseases, defiled with so many corruptions, replenished with so many miseries and calamities, shall then be made glorious and most perfect to endure for ever without change or mutation, and to reign thus, with our Souls everlasting ly. O what a Joyful day will that be to thee, having lived in the fear of God, and having now atchieved in his service the end of thy Pilgrimage! thou shalt come at thy death to pass from misery and labor, to life and immortality: And in that passage, when others begin to fear, thou shalt lift up thy head in hope: What a day of joy shall that be unto thee, when thy Soul slipping out of Prison, and conducted by the Angels into the *Tabernacle of Heaven*, shall be received there with the honourable

urable company and Troops of that place, with all those blessed Spirits, with *Cherubims* and *Seraphims*, *Patriarchs*, *Prophets*, *Martyrs*, *Virgins*, *Innocents*, *Confessors*, *holy Bishops*, and other *Saints of God* ! All which, as they did rejoice at thy conversion from sin; so shall they triumph now at thy *Coronation* and *Glorification*: What joy will thy *Soul* receive at that day, when she shall be presented by her good Angel into the presence of all those *Princeely States*, before the Seat and Majesty of the blessed *Trinity* ! What recital and declaration of all thy good Works done, and Troubles suffered for the love and service of *God Almighty* ! When, I say, these Blessed Spirits shall lay down in all that honourable *Consistory*, all thy virtuous *Acts*, with their Particularities, all thy Alms deeds, all thy Prayers, all thy Feasting, all thy Innocence of Life, all thy patience in bearing Injuries, all thy Constancy and Industry, all thy temperance in Meats and Drinks, all the virtue of thy whole life: When all, I say, shall be recounted there, all commended, all rewarded; Shalt not thou now see the value and profits of *holy living*; Shalt not thou now confess from the bottom of thy heart, that gainful and honourable is the service of *God*? Shalt not thou now be most joyful, and bless the hour ten thousand times, when thou first resolvedst

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to leave the slavery of this miserable World, to serve only so bountiful a Lord? Shalt not thou now think thy self beholding most deeply to him or her, that perwaded thee first to make this resolution: But yet more than this, when thou shalt look round about thee; and see what a Port and Haven of security thou art arrived at, and shalt cast back thine eyes upon those dangers thou hast passed, and wherein other men are in hazard, thy cause of joy shall greatly be increased, for thou shalt see now evidently, how infinite times thou wert in peril to perish in thy earthly Pilgrimage, if God had not held his special hand over thee; thou shalt now see the danger wherein other men are, the death and damnation wherein so many of thy Friends and Acquaintance have fallen, in the eternal pains of Hell incurred by sundry that used to laugh and be merry with thee; all which shall augment thy felicity of this so fortunate a Lot. And now for thy self, thou mayest be secure, thou art out of all dangers for ever; there is now no more need, or fear, or labour, or care; thy only exercise will be now to rejoice, to triumph, to sing Hallelujahs to the Lamb, that hath brought thee to this felicity, and will continue thee there for everlasting. Moreover thy happiness will be much advanced by meeting with all thy godly Friends in Heaven,

Heaven, with Father and Mother, with Brethren and Sisters, with Kindred and Relations, Families and Acquaintance; where mutual embraces and welcomings will still increase thy Joy. Add to this the most triumphant exultation that shall daily be at the fresh arrival of new Brethren and Sisters coming thither from time to time, with the spoils of their Enemies, vanquished and conquered in this World. O what a comfortable sight will it be to see those heavenly mansions filled every day with Men and Women, to see the Crown of Glory set upon their heads, and that in all varieties, according to the infinite variety of their Combats and Conquests; One for Martyrdom and Confession against the persecuter; another for Virginity and Chastity against the Flesh; another for Humility and Poverty against the World; another for many Conquests together against the Devil. And now, my Soul, thou hast been shew'd a faint draught of Heaven, and sure thou canst not but from this dull Prospect, long desire, and even pant to gain a little of it. But there is no other way ever to arrive there, there is no hope to be crown'd with this wreath of Glory, but by a virtuous and holy life, by keeping of Gods Commandments; for it is not every one that said, *Lord, Lord, shall enter into the Kingdom of Heaven, but they that shall do the Will of*

of the eternal Father of Christ, who is in Heaven. And I am well assured that whatsoever hath been the subject of this Weeks Meditation, either of my Creator or Creation; of my particular end, or of the Majesty, and Bounty, and Justice of my God and Saviour; as also of the account that he will one day demand of me, and of the punishments and rewards laid up for the life to come: All this, I say, hath been to bring me to a true fence and apprehension of my poor soul, and to engage me to a virtuous and holy life here, and so to guide me to inexpressible joy hereafter. The Lord God of Heaven give me grace to make use of all to those blessed ends. *Amen.*

*The Ejaculation for this Day.*

*Lord fix my heart so firmly on thy everlasting Joys, that nothing in this World may ever binder my pursuits of them, and let this days performances some ways advance my assurance of them, that so when I return to my earth, I may lie down in sure and certain hopes to be transplanted into those mansions, where all tears shall be wiped from mine eyes, and live eternally with my Saviour JESUS. Amen. Amen.*

Glory be to God on High.

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